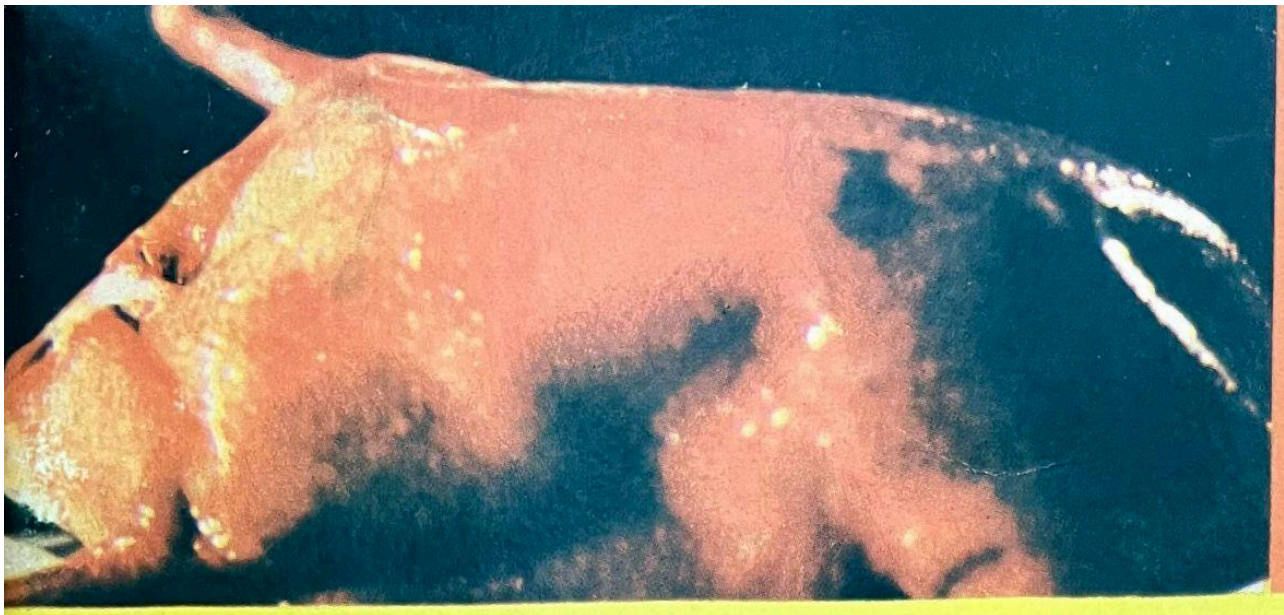
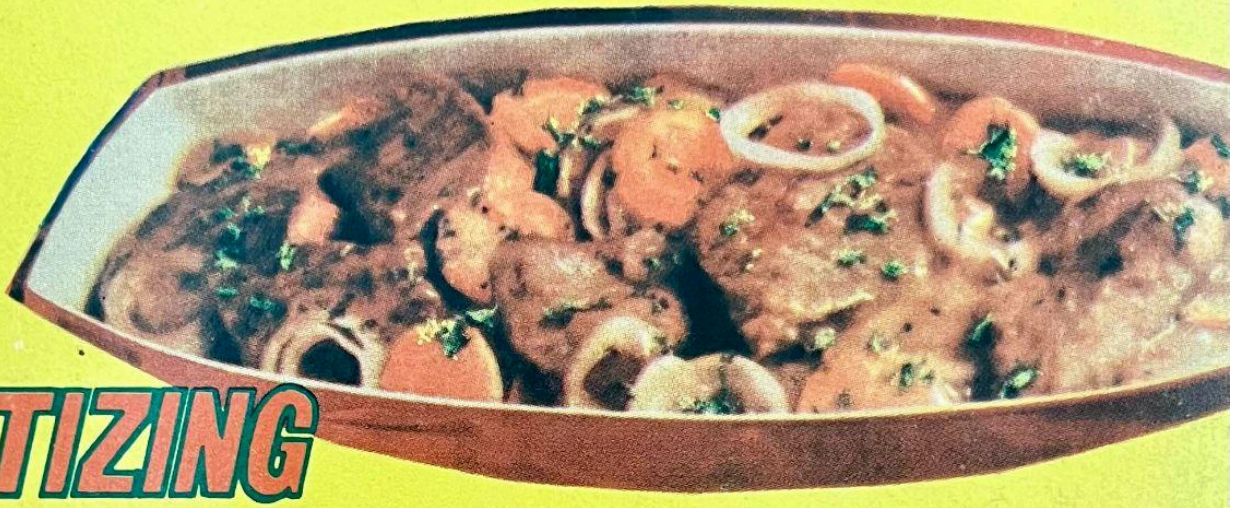


Cookbook



APPETIZING RECIPES For The HOME

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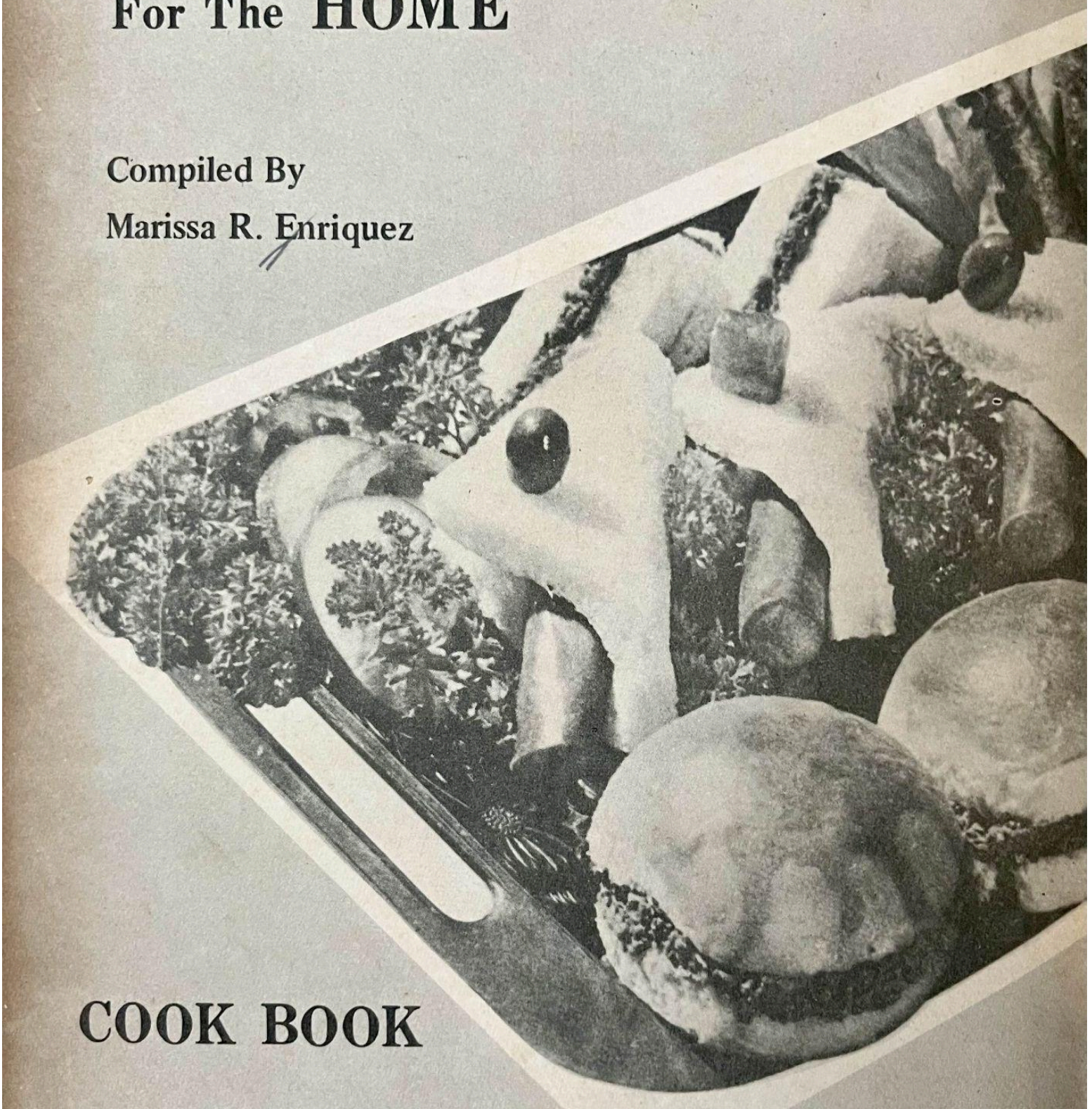
By M. J. Enriquez

APPETIZING RECIPES For The HOME

Compiled By
Marissa R. Enriquez



COOK BOOK

PHILIPPINE BOOK COMPANY

FOREWORD

A good cook prepares good meals always.

A person does not need to be rich in order to be able to prepare a balanced meal. Expensive foods are not always the best foods. Many of the foods rich in food value are sold at low cost in our markets. While it is true that milk, eggs, cheese, and meat are rich in food value, poor people can buy substitutes which are cheap but contain also the necessary substances for health. Learn the best in cooking.

GETTING THE GOOD FROM MEAT

Save Trimmings and Bones

Preparing a cut of meat for the pan may call for a certain amount of trimming. Save any well-flavored lean tidbits to make stew or to grind for meat patties. Save the fat trimmings. If they have a good flavor, render or melt them down at low heat, strain the drippings, store in a covered container in a dry, cold place, and use the fat for cooking. Return any surplus fat to the processor, if practicable. Otherwise make into soap any fat not suitable for food. Save the bones for soup.

Keep Meat Clean and Cold

Fresh meat spoils quickly and easily; so keep it cold, and of course, clean. How long meat can be kept safely depends on its condition when you receive it and how cold it is kept.

As soon as fresh meat, ground or in the piece, arrives in the kitchen, take off the wrapping paper and store the meat loosely covered in a cold place. If you do not have a refrigerator or some other place just as cold, cook the meat promptly. Ground meat is very perishable. It spoils quickly even in a cold place, so cook it within 24 hours. If meat in the piece is to be kept as long as 2 days, store it, if possible, at 45°F. or colder. Meat may be kept safely even longer in the freezing compartment of a refrigerator.

Liver, kidney, sweetbreads, brains, and other meat organs spoil more quickly than other cuts of meat. Cook them promptly.

Frozen meat requires special care. Thaw it slowly and cook as soon as possible. Do not refreeze it. Frozen meat, once it is thawed, is more perishable than chilled meat.

The modern type of very mildly cured ham should be stored in the same way as fresh meat, in the refrigerator or other cold place. Strongly cured meat should be kept in a cool, dry, dark place that is tightly screened.

When ready to cook fresh or mildly cured meat, wipe it off with a clean cloth wrung out of cold water. Do not soak the meat in water—soaking draws out juice and with it some of the flavor and food value. An old ham or strongly cured pork shoulder, however, generally needs thorough scrubbing. They may require overnight soaking in water to remove some salt.

Cook According to Cut and Fatness

Roast or broil a tender, well-fatted cut in an uncovered pan. Add no water. Water in a covered pan makes steam which forces out juice and causes the meat to lose flavor and weight. Tender, well-fatted meat holds its juices, cooks perfectly in an open pan if moderate heat is used.

Tough meat, on the other hand, requires long, slow cooking in a covered pan with water or steam. So turn the less tender cuts into pot roast, stew, or some other braised dish. Or, grind them and cook in the same way as tender meat. Meat cooked in water or steamed is juicier if cooled in the broth for an hour or longer.

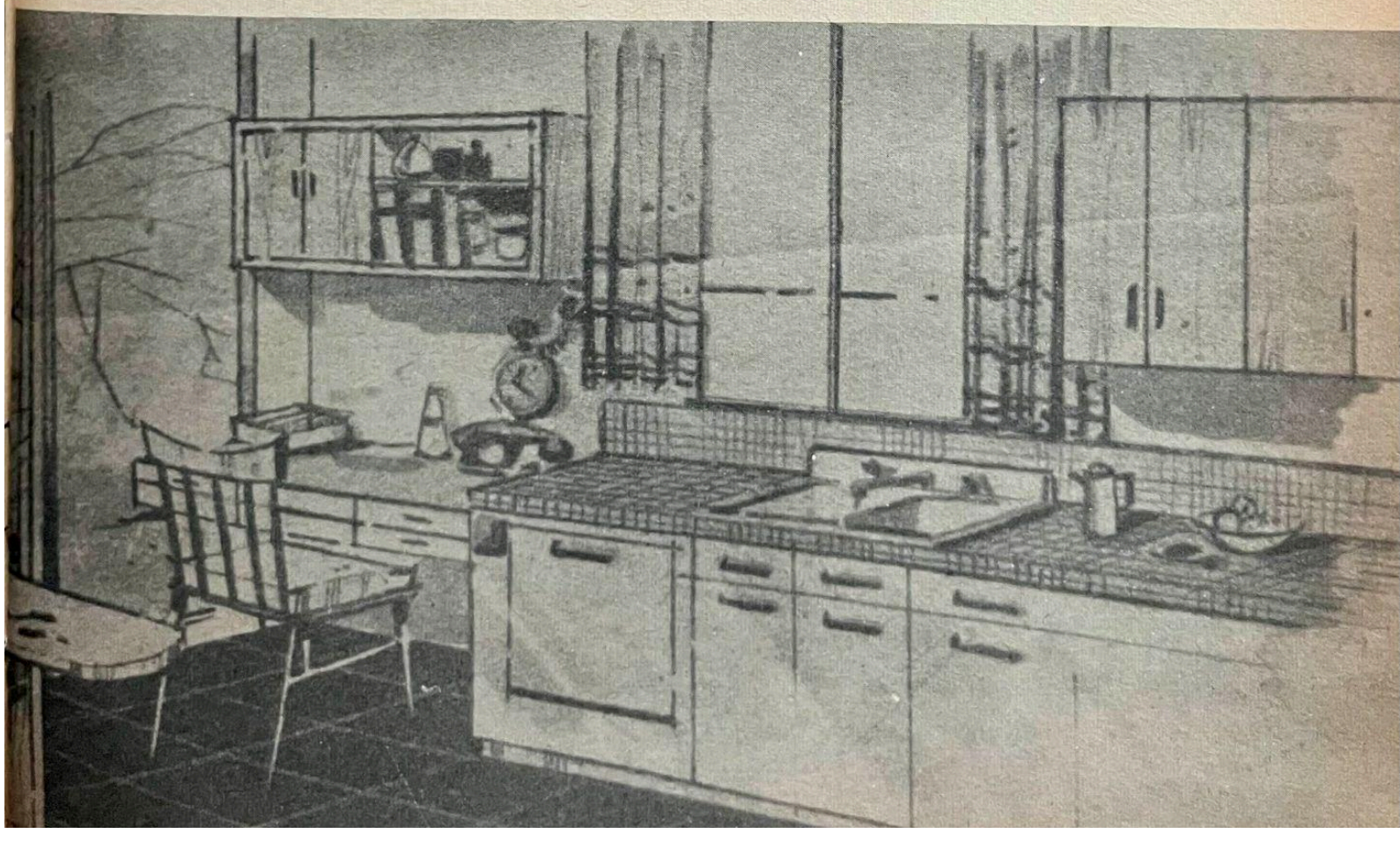
Regardless of cut, add fat to very lean beef, lamb, and most veal for richness and good flavor. Then cook as braised steaks and chops, oven-braised meat, pot roast, or stew.

Cook With Moderate Heat

Moderate heat cooks meat evenly and makes it tender. Moderate heat also keeps losses through cooking low, so there is more meat left to serve for each pound purchased. Browning meat develops the rich flavor; however, it may increase the cooking losses somewhat.

To make the most of food value and flavor, cook meat until it is tender, but don't overcook. Cook stuffed roasts and braised or stewed cuts until the meat is tender when speared with a fork or a skewer. Be sure to cook pork well done as a health safeguard. It sometimes contains the trichina parasite, which must be destroyed by thorough cooking or by special methods of processing; otherwise it may cause illness.

Cooking is fun. It is a joy for the housewife and good health for the family.



COOKING TERMS FOR YOUR INFORMATION

BAKE – to cook by dry heat in oven.

BATTER – a mixture of flour and liquid, or in combination with other ingredients, thin enough to pour.

BEAT – to mix with vigorous over-and-over motion with a spoon, whip or beater to make smooth or incorporate air.

BLANCH – to skin fruits or nuts by immersing in boiling water (3 min.).

BLEND – to mix two or more ingredients thoroughly.

BOIL – to cook in steaming liquid in which bubbles are breaking on surface.

BOUILLON – a clear meat broth.

BROIL – to cook directly under or over source of heat.

CARAMELIZE – to melt granulated sugar over medium heat to a golden brown syrup.

CHILL – to allow to become thoroughly cold.

CHOP – to cut in fine or coarse pieces with sharp knife or chopper.

COAT – to cover with thin film as flour, fine crumbs, icing, sugar or crushed nuts.

CONDENSED MILK – whole milk commercially concentrated by evaporation then sweetened.

CREAM – to soften fat by rubbing it against the bowl with a spoon or beating with mixer until it is light and fluffy (creamy).

CUT IN – to combine fat with dry ingredients with two knives, a fork, or pastry blender.

DEEP-FAT-FRY – to cook in enough fat to completely cover food while cooking.

DICE – to cut into small cubes.

DOUGH – a mixture of flour and liquid in combination with other ingredients, thick enough to roll, knead or drop off a spoon.

DREDGE – to cover with thin film of flour or sugar.

DRIPPINGS – fat and juice dripped from roasting meat.

EVAPORATED MILK – whole milk from which 60% of its water has been evaporated.

FLAKE – to break lightly into small pieces.

FOLD IN – to cut down through center of a batter with edge of spoon or spatula, bringing up close to bowl, then turning over, cutting down through again while turning bowl a quarter turn at same time. Repeat until ingredients are blended.

FROST – to cover with icing.
GARNISH – to decorate with portions of colorful and contrasting food.
GRATE – to rub against grater to shred food.
ICE – to frost or cover with icing.
JULIENNE STRIPS – food cut into match-like strips.
KNEAD – to work dough with a pressing motion accompanied by folding and stretching.
MARINATE – to let food stand in oil-acid mixture for added flavor.
MERINGUE – a stiffly beaten mixture of egg whites and sugar.
MINCE – to chop or cut into very small pieces.
MIX – to combine ingredients as by stirring.
PAN-FRY – to cook in small amount of fat in skillet.
PAR-BOIL – to partially cook food in boiling water. The cooking is usually completed by another method.

WONDERFUL EGGS

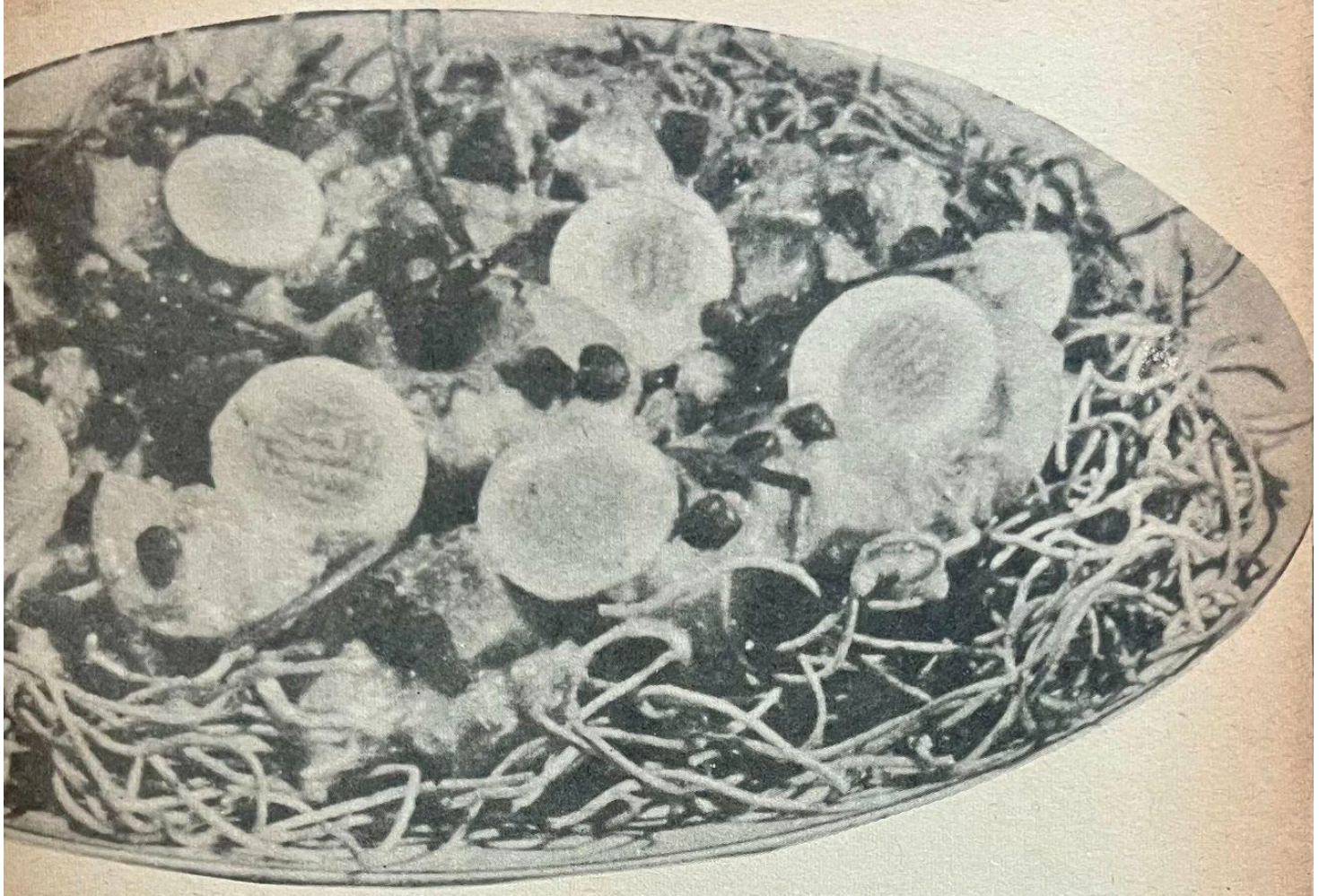
Scrambled Eggs

In preparing scrambled eggs, the eggs must be creamy and well seasoned with salt, never hard or leathery. The secret is adding milk or water to the eggs then removing the pan from the fire while the eggs are not yet set. Do not beat the eggs and the milk before cooking; the beating is done while the eggs are cooking. The result is a much more attractive dish consisting of a yellow creamy mass flecked with white.

The proportion of milk is 1 tablespoon of every egg used. Grease a small frying pan with butter and while the butter is melting, break the eggs into a rather deep saucer. Add salt and the correct amount of milk. Pour this unbeaten mixture into the frying pan and allow the whites to set a little, then stir with a spoon and cook until the eggs begin to thicken. Remove the pan at once from the fire but continue stirring the eggs until set. Serve at once.

Water is better than milk when using duck eggs or white leghorn eggs. To offset the rather "fishy" odor of these eggs, try browning a little chopped onion leaves first in the butter or lard before adding the eggs.

Do not serve scrambled eggs always plain. Many other ingredients may be incorporated into them, deviled ham or potted ham as it is commonly known, finely chopped Chinese or American cooked ham, bits of crisp bacon (crumbled), finely chopped browned onion or leeks, chopped parsley or olives, shredded salted fish or the much more expensive but delicious anchovies, finely chopped salted mustard leaves and tomatoes (you cook these first). In fact, you can add almost anything to scrambled eggs.



Eggs Poached in Milk

One way of poaching eggs is by using milk. Grease a frying pan with butter or lard and pour the eggs, whole, into it. Then add enough milk to cover. Cook until egg whites are set and the milk has thickened. Season with salt. Best served with bacon curls.

Scalloped Eggs with Ham

1 cup full-cream powdered milk
4 tablespoons butter
2 tablespoons flour
4 hard-cooked eggs
1/3 cup fine dried bread crumbs
1 tablespoon melted butter
1-1/2 cups finely diced ham

Melt 4 tablespoons butter in the double boiler, add flour, stir and add full-cream powdered milk gradually. Cook until moderately thick, stirring with the spoon. Butter a baking dish. Combine the white sauce and ham. Put a layer in the bottom of the baking dish and on this place a layer of the eggs sliced. Continue in this way until both eggs and mixture have been used. Finish with the crumbs mixed with the melted butter and brown in a moderate oven (350°F).

SALADS FOR RELISH

Salad Relish

Ripe tomatoes, chopped
1/4 head cabbage, chopped
1 green pepper, chopped
1 large onion, chopped
Celery or kinchay, chopped
1 cup vinegar
Salt and sugar and pepper to taste

Mix thoroughly and let stand until sugar is entirely dissolved. Serve at once.

Hot Eggplant

This may be very familiar to you—as an accompaniment of cocido. It is also good with broiled or fried fish.

Broil or roast a large eggplant, skin and mash fine with a fork. Mince several buds of peeled garlic very fine and add to the eggplant. Season highly with pepper (freshly ground), vinegar, salt and a little sugar.

Ensalada de Pasig

Calamias
River shrimps (ulohan), boiled
Tomatoes
Seasonings

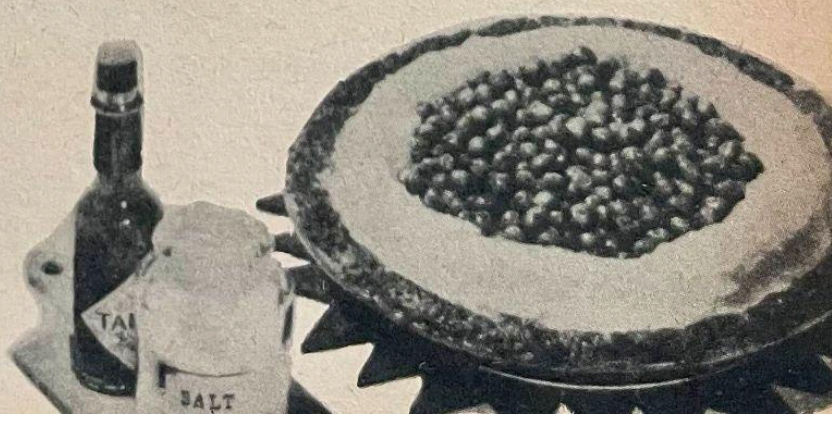
Wash calamansi and slice crosswise very thinly. Chop some tomatoes and combine with calamias in a bowl. Add the shrimps, boiled with salt but unpeeled. Season with vinegar, salt and a little sugar and pepper to taste.

Instead of the small river shrimps with large heads, alamang, even *hibe* (dried shrimps) may be used. When *hibe* is used, it should be soaked in cold water, washed thoroughly then pounded until soft. Those who are particular, blanch the *hibe* in boiling water.

Bagoong-Green Mango

Get a very green mango and slice the "cheeks" from the seed. With a raspador (native hand shredder) or with a spoon, scrape off the meat into a small bowl. Mix this mango meat with bagoong and add chopped tomatoes.

This is especially nice with adobo and other pork dishes.

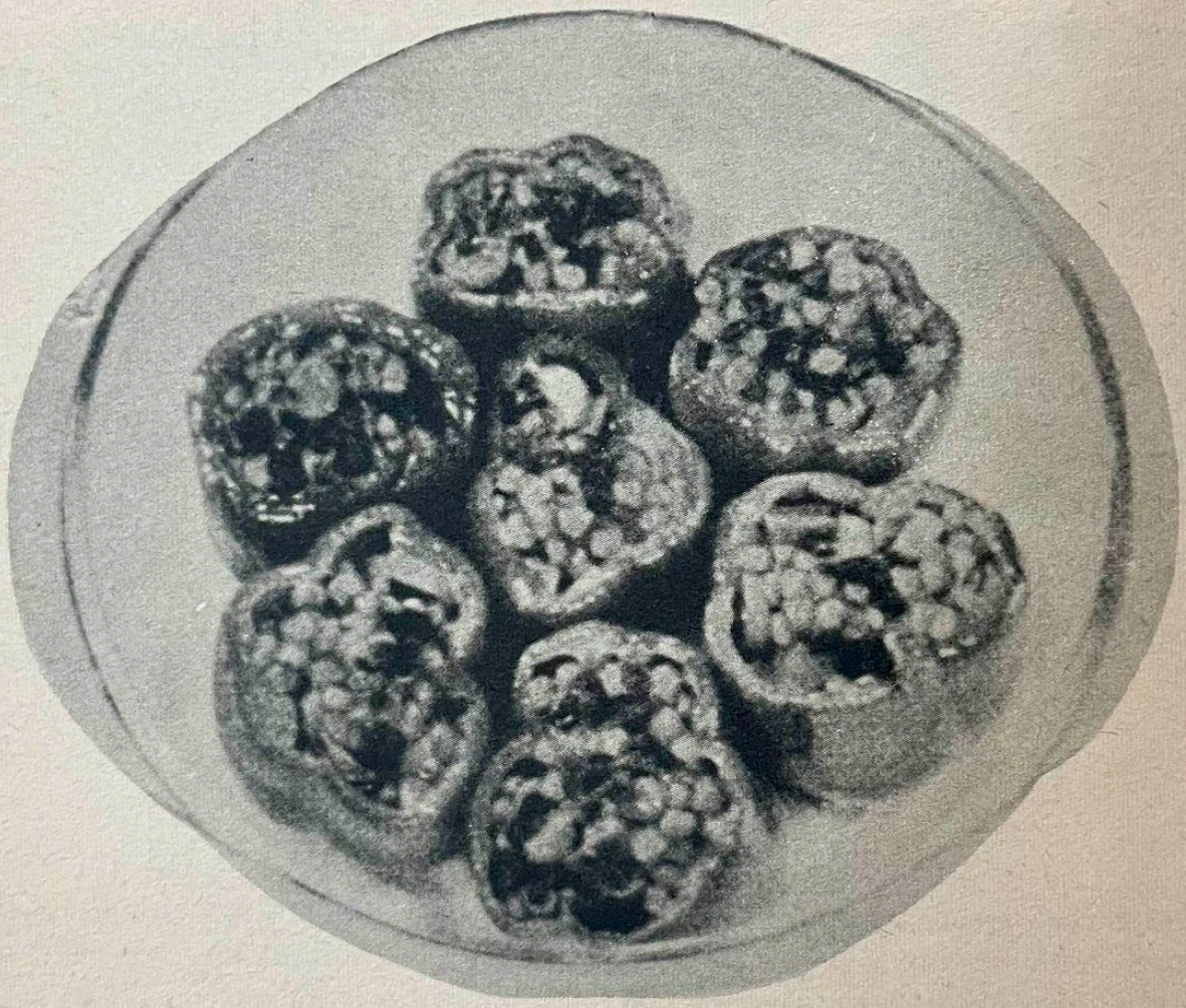


Broiled Tomato

Have you tried broiled tomatoes with fried fish or beefsteak? Cut firm ripe tomatoes into halves crosswise, sprinkle cut surfaces with salt and pepper and dot with butter, or margarine. Broil over live coals until the top bubbles.

String Beans Salad

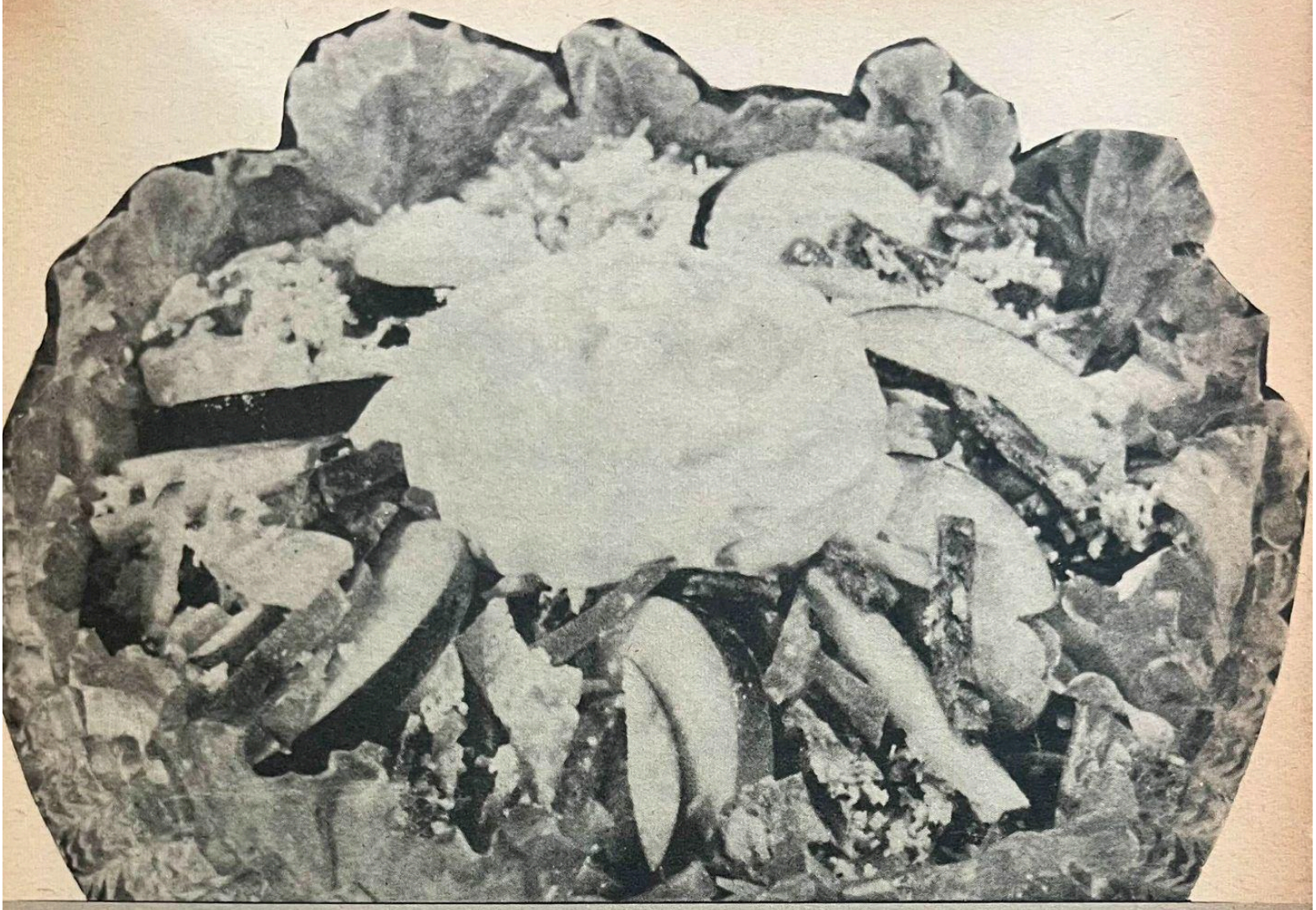
Mix cooked string beans with a little diced crisp bacon and some chopped pickles. Marinate in French Dressing. Drain. Serve in lettuce cups with bottled salad dressing and garnish with chopped hard-cooked eggs, peeled shrimps, or meat cubes.



Savory Tomatoes

1/2 cup diced bacon or salted pork
1 cup onion, sliced
4 cups tomatoes, sliced
1 tablespoon cornstarch

Cook bacon slighty; add onion and cook until soft and lightly browned. Add the tomatoes and simmer for about 10 minutes. Stir in the cornstarch dissolved in a little cold water and cook until thickened, stirring occasionally.



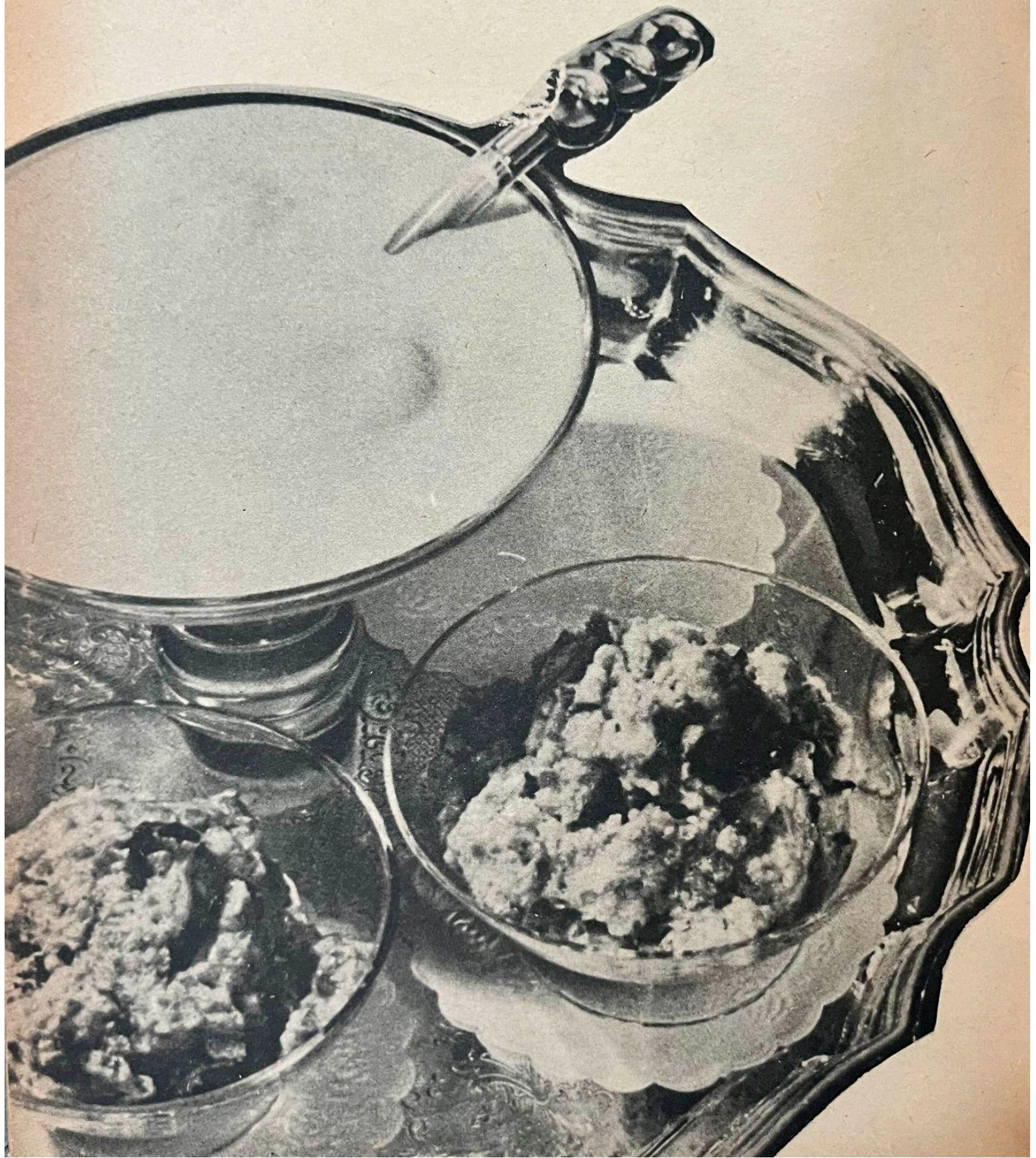
Pickled Beets and Egg Salad

Hard cook eggs, allowing one egg for each person to be served the night before, and let stand overnight submerged in the pickle of the beets. To serve: slice each egg lengthwise and arrange on a bed of shredded lettuce. Flank each side with 3 or 4 slices of pickled beets. Serve with bottled mayonnaise.

Pickled Beets: Cook 1-1/2 cups beets until just tender. Slip off skins. Combine 1 cup vinegar, 1/4 cup water, 1/2 cup sugar, a little allspice, a small piece of cinnamon stick, a few whole cloves, and salt, in a saucepan and bring to a boil. Simmer for 15 minutes and add the beets. Simmer for 5 minutes longer. Allow to stand overnight. Whole native onions may be used instead of beets.

Salmon Salad

Take a small can of salmon or tuna and empty contents into a deep dish. Add chopped sweet pickles, one chopped onion, and a little chopped celery or kinchay. Mix well and serve with bottled mayonnaise if preferred. Nice to go with this are cucumber slices marinated in a vinegar-salt-sugar-and-freshly-ground-black pepper-mixture. Serve with toasted buttered bread or rolls.



FAVORITE CHICKEN

Chicken Relleno

1 big chicken
2 cups ground pork
3 cups ground cooked chicken meat
2 pieces Chorizo de Bilbao, chopped fine
1/4 cup cooked ham, chopped fine
1/3 cup celery, chopped fine
1/3 cup grated cheese
2 pieces dill pickles, chopped fine
3 tbsps. soy sauce
3 tbsps. calamansi juice
2 hard-cooked eggs, quartered
4 raw eggs
2 tbsps. margarine
Salt and pepper to taste
Garnishings:
2 sprigs of parsley
6 small pieces of carrots

Prepare chicken for stuffing. Remove all bones, leaving skin, wings and legs intact. Soak in calamansi and soy sauce for 30 minutes. Mix ground pork, ground chicken meat, ham, raw eggs, chorizos, celery, cheese, pickles, salt and pepper to taste, in a large mixing bowl. Stuff chicken with meat mixture placing quartered eggs in the center of mixture. Close up opening with a needle and thread by sewing it. When opening is sewed, wrap the chicken with a gauze and tie the ends with a piece of string. Place the wrapped stuffed chicken into a roasting pan with 2 cups of soy sauce and calamansi juice and hot water (mixed together to make 2 cups.). Then bake at 350°F. for 1-1/2 to 2 hours. When cooked, remove the gauze and brown the chicken in deep hot fat. After browning, put the chicken on several layers of paper towel and damp it to absorb the extra fat on the chicken. Then arrange the chicken on a platter and garnish with parsley and carrots. Serve with any sauce good for meat. Good for 12-16 persons.

Chicken California Style

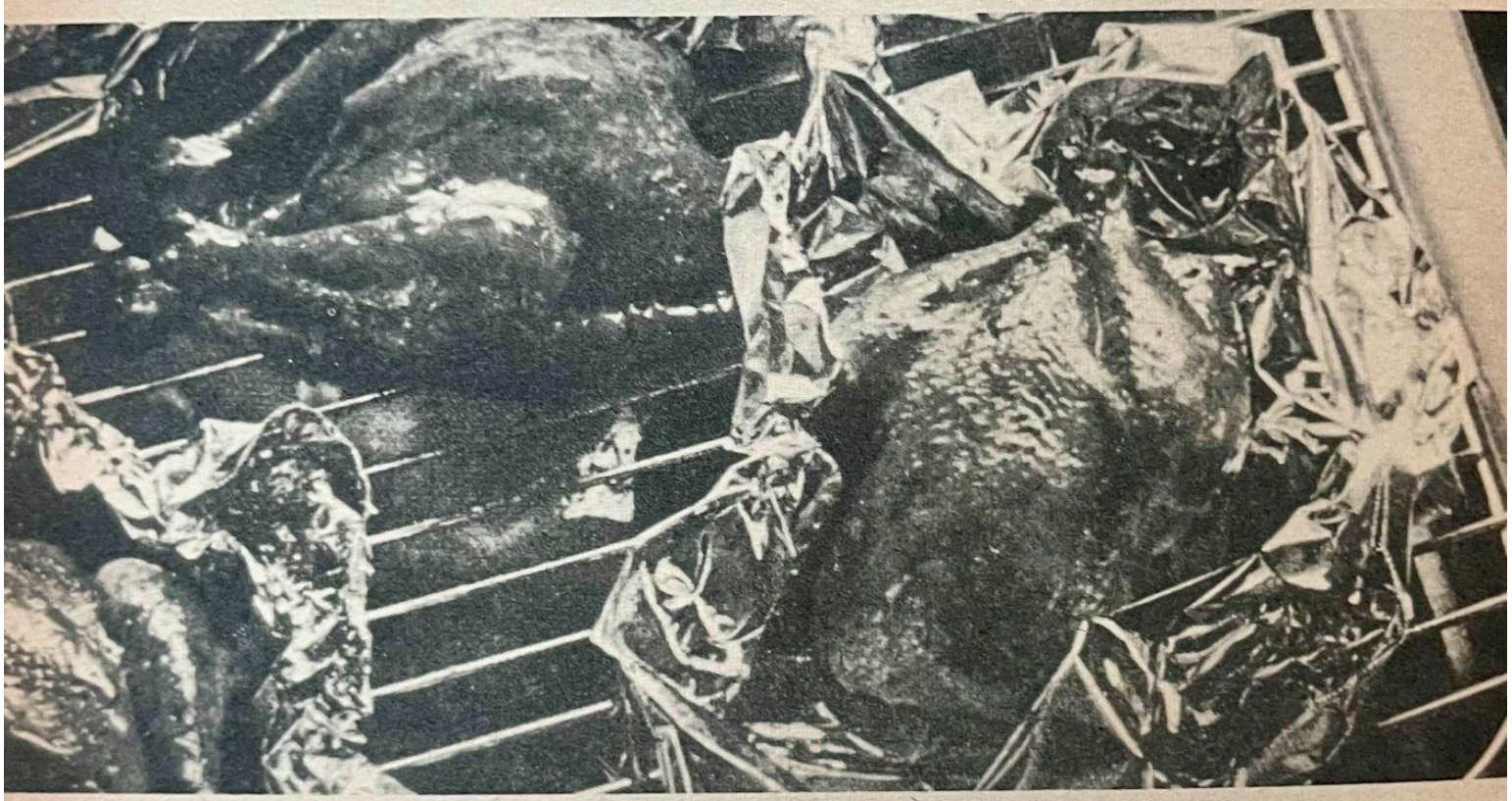
1-1/2 lbs. frying chicken
Salt
Pepper
Flour
Garlic
Butter or savory drippings
2 cups milk

Clean the chicken. Scrub with soap and water inside and out and rinse thoroughly with fresh water. Drain and dry. Cut in quarters. Dust with salt, pepper, and flour. Peel the garlic and rub the inside of a frying pan with it. Melt 2 or 3 tablespoons butter or savory drippings in this pan and brown the chicken in it. Then place in a baking dish. Pour around the chicken the milk, and bake in a moderate oven, 375° F.

Chicken Catalan

1 broiler-fryer chicken, 3 lbs. quartered
2 tbsp. olive or salad oil
2 tsp. salt
1/2 cup chicken stock
1/2 lb. fresh mushrooms, sliced
1 cup sliced pimiento-stuffed olives
1/3 cup flour
1 clove garlic
1/2 lb. pepper
4 medium tomatoes, peeled and diced,
1 can (1 lb.) tomatoes, drained
1/2 cup dry vermouth
Hot cooked rice

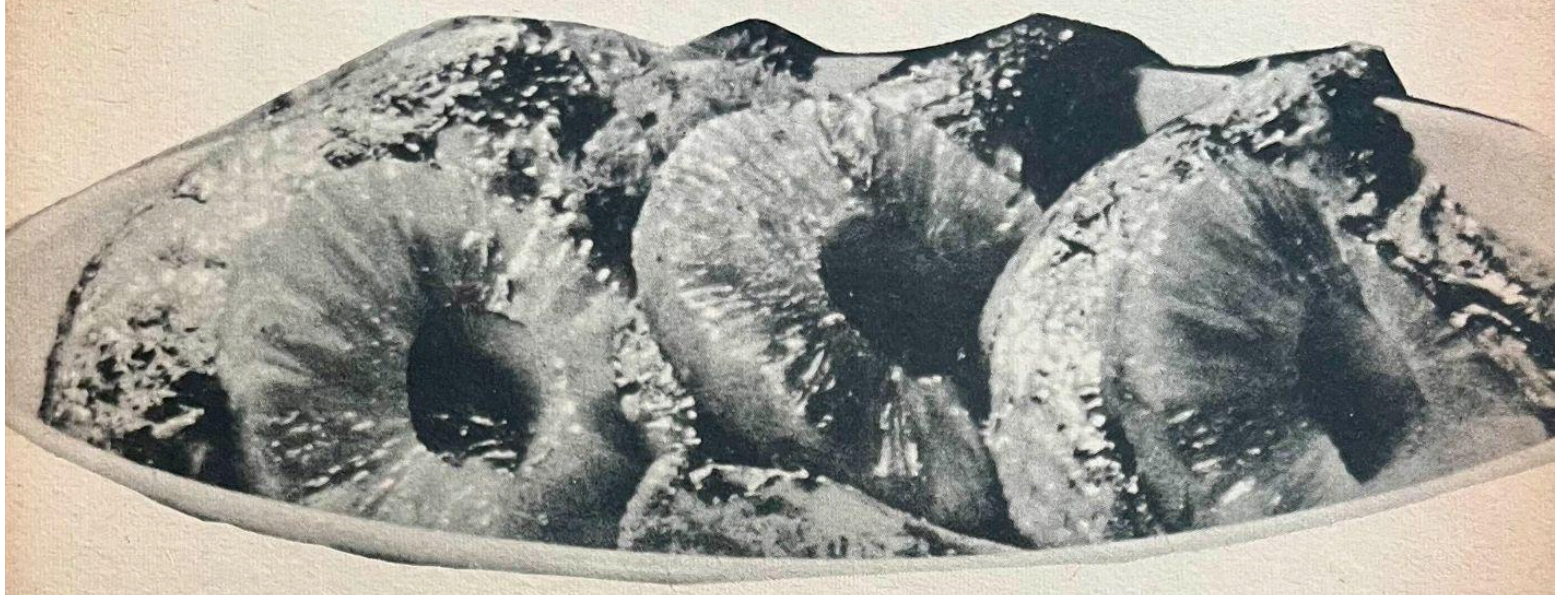
Brown chicken with crushed garlic in hot oil; discard garlic. Add onions, salt, pepper, chicken stock and tomatoes. Cover and bake at 375 degree oven for 1 hour. Add mushrooms and olives to chicken; bake 15 minutes longer. Remove chicken and onions. Blend vermouth and flour; stir into tomato-olive sauce. Cook, stirring constantly, until thickened. Return chicken and onions to pan. Heat to serving temperature, basting with sauce. Serve with hot rice. Serves 4.



Chicken a la Lulu

Broiler chicken
6 potatoes
Soy sauce, vetsin, catsup
6 eggs
5 calamansi

Prepare chicken. Soak it well in mixture of soy sauce and calamansi juice with vetsin. Hardboil eggs and remove the shell, peel three onions, dice potatoes and put aside. Fry chicken, then add the soy sauce-calamansi juice mixture. After a few minutes, put the other ingredients in the pan with the chicken. Four tablespoons of catsup will give it an extra flavor.



Curry-Broiled Chicken

1 kilogram broiler-fryer, split in half
1/2 cup margarine, melted
1 teaspoon curry powder
1/2 teaspoon salt
Dash of pepper

Secure wings and legs of chicken close to body with long skewers. Place chicken, skin side down, in broiler pan without rack. Brush surface with 1/4 cup margarine. Broil chicken for 15 minutes or until browned. Turn chicken with skin up; broil five minutes more.

Meanwhile in a small bowl, combine rest of margarine with curry, salt, and pepper. Brush chicken with half of curry-margarine. Broil five minutes more; brush again with curry-margarine. Broil for final five minutes or until nicely browned, crisp and tender.

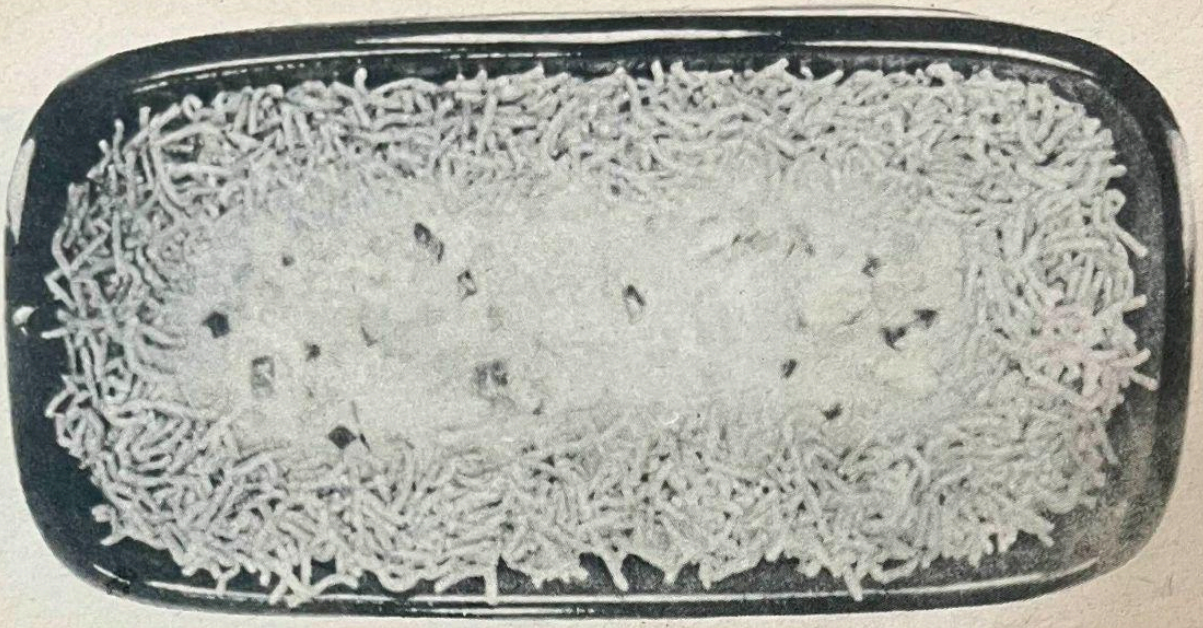
To serve: remove skewers. Place each chicken half on a serving plate with boiled white rice.

Chicken and Pork Asado

4 laurel leaves
3 tsp. Maggi Sauce
Soy sauce just for coloring
1 whole chicken, cut into serving pieces
1/4 kilo pork, cut into two-inch thick cubes
1 piece chicken liver, roasted and then ground

In a deep frying pan or casserole, put chicken, pork, pineapple juice, laurel, liver, Maggi Sauce all together.

Let boil then turn heat down and simmer until meat is tender and what remains of the liquid is just a thick sauce.



NEW RECIPES ON RICE

Treasure Rice

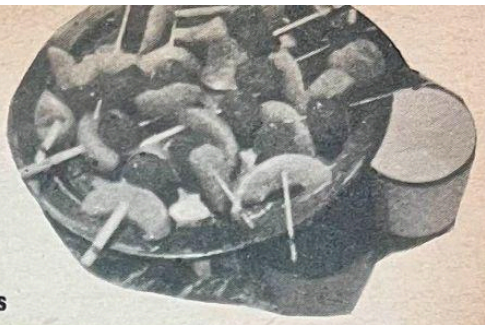
2 cups enriched rice
5 tablespoons sugar
6 tablespoons dates
4 tablespoons candied cherries
2 tablespoons lard
2 tablespoons candied orange peels
2 tablespoons candied calamansi peels
4 tablespoons casuy nuts
6 prunes
substitute raisins or peanuts.

Boil rice in 4 cups of water until fairly dry. Mix in sugar and cook over low fire for 5 minutes more. Meanwhile blanch the nuts and cut the fruits into even sizes and slice candied fruits into strips. Grease pudding pan and cover with a one-third inch layer of rice. Arrange the fruits and colored candied fruits in an attractive designs on the layers of rice. This means place layer after layer alternately of colored fruits and rice, until pan is full. Press each layer down so that the fruits will show when the pudding is later turned out on a plate. Place the pan in a steamer and steam for 30 minutes. Turn the pudding onto a hot plate and serve.

Spanish Rice

2 tablespoons butter
1/3 cup minced onion
1 pint stewed or canned tomatoes
2 good-sized green pepper, minced
1 cup unpolished rice
2 cups boiling water
1 teaspoon salt
1/8 teaspoon pepper

Melt the butter. Add the onion and pepper and cook them until barely tender. Add the tomatoes and some water, add the seasonings, bring to boiling point. Stir in the rice and cook until the latter is tender, about 35 minutes.



Arroz a La Valenciana

1 young chicken, cut into regular pieces
1/2 kilo pork, cut into regular pieces
2 pieces Chorizos de Bilbao, thickly sliced
6 potatoes, quartered
1/2 cup shortening
2 segments garlic, macerated
1 onion, sliced
1 teaspoon salt
1 cup tomatoes
Salt, pepper and paprika to taste
Slices of sweet red pepper
1 can sweet peas
1 cup olives
Slices of hard-boiled eggs
3 cups malagkit rice
boiled in 3 cups water

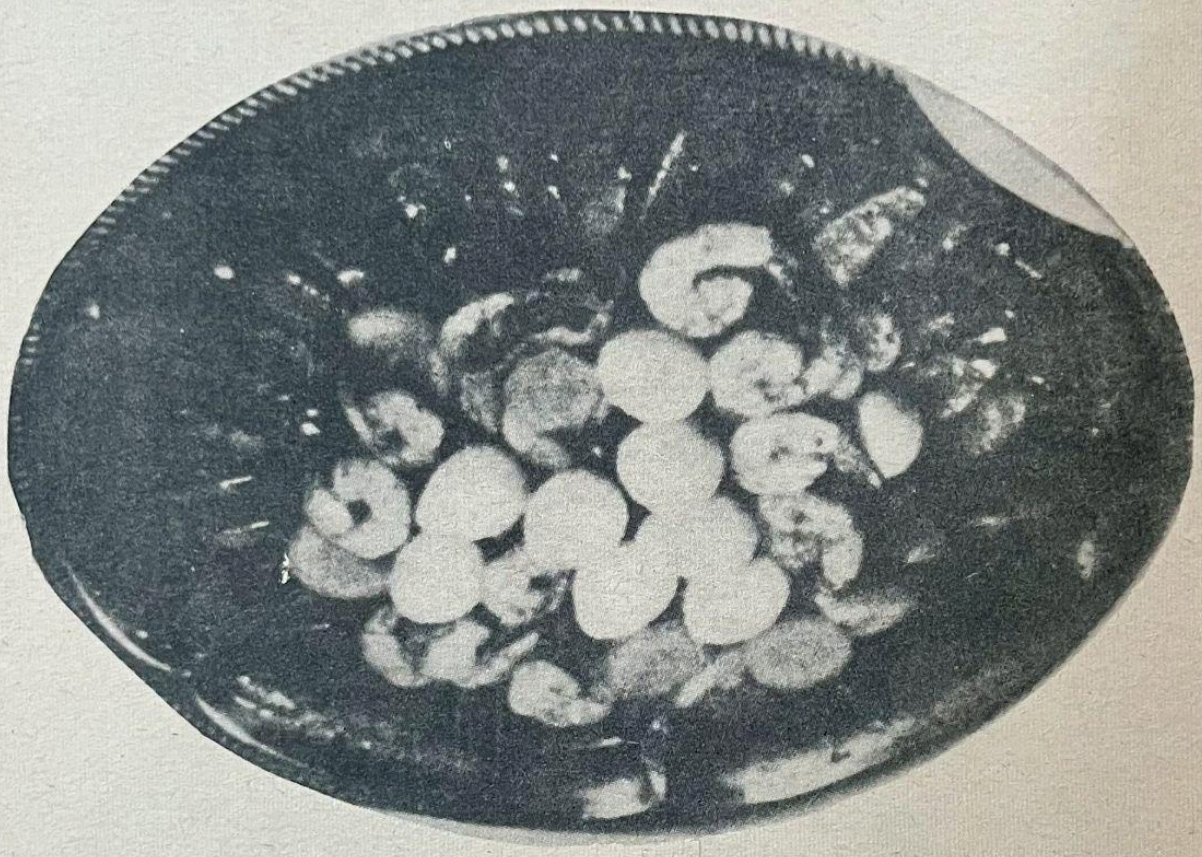
Season the meat of chicken and pork with salt and pepper and fry in hot shortening until slightly brown. In a deeper vessel, heat the shortening and fry, in the order given, the garlic, onions and tomatoes. When brown add the potatoes, then the chicken, the pork and the chorizos. Mix well; cover the vessel and cook until the meat and potatoes are tender. Add water if necessary. Add the red pepper, sweet peas and olives. When the meat and vegetables are already well done, remove some of the stock from the meat and set aside. Add to the meat mixture the cooked Valencia rice, and mix thoroughly with the wooden spoon until well blended. Add enough stock to give it the desired flavor. Cook on low fire until mixture becomes quite dry. When serving, garnish top with sliced hard-boiled eggs, stuffed olives and pepper slices.

CRAB, FISH AND SHRIMPS

Shrimp a La Carte

1/2 kilo big shrimps
1 egg, well beaten
2 tbsps. flour
Salt and pepper

Blanch the shrimps and remove heads and shells, leaving the tails intact. Mix egg, flour and seasoning and dip the shrimps into this mixture. Fry in deep hot fat till shrimp is light brown. Serve with sweet sour sauce.



Crab Au Gratin

4 big crabs
2 cups milk
2 tsps. cornstarch
3 eggyolks
1 tsp. refined sugar
1/4 pound butter
1/4 cup chopped mushrooms
Salt & pepper to taste

Boil crabs in water with some salt. When cooked, remove meat from the shell and set aside.

Mix all the remaining ingredients and cook in a double boiler, stirring constantly. Cook until mixture is smooth in consistency. Add flaked crabmeat, then remove from fire. Fill up the crab shells with this mixture. Decorate with parsley and lay on a bed of lettuce.

Fish with Sweet Sour Sauce

Dredge a regular sized apahap or tilapia with flour on both sides and fry. Place in a platter and pour the following sauce:

Saute garlic, ginger, onion and pepper all cut into strips in a little lard. When cooked add:

1/2 cup vinegar
1 tablespoonful sugar
1 tablespoon starch
1 tablespoon toyo

Mix all together and cook over a low flame until slightly thick.

Fish Fillet with Tartar Sauce

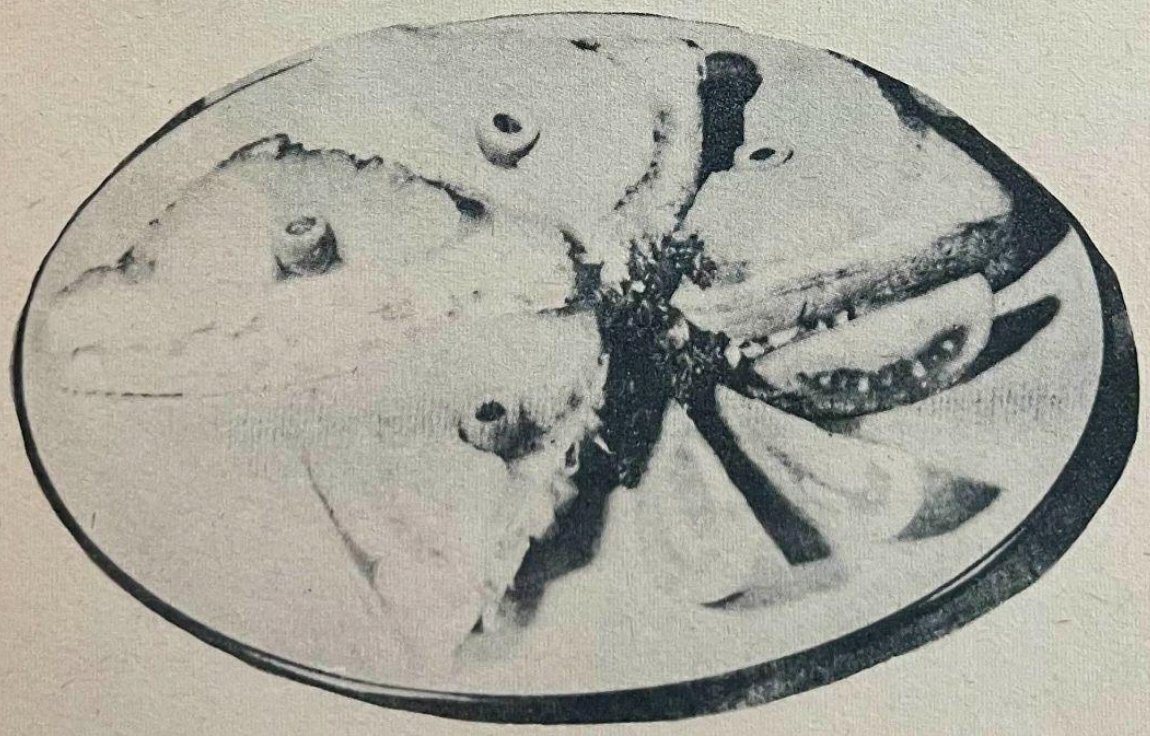
1 lb. fish fillets
A little seasoned flour
Salt and pepper
Lemon wedges
1-1/2 oz. butter
1 tablespoon chopped parsley
Sprigs of parsley

Tartar Sauce:
1/4 cup mayonnaise
1/4 cup sandwich spread

Skin fish if necessary and roll in the seasoned flour. Melt butter in a frying pan and when foaming add the fish fillets; fry on both sides until just cooked. Place fish on a heated serving plate and sprinkle with chopped parsley, salt, and pepper. Garnish with lemon wedges and sprigs of parsley.

Tartar Sauce:

Mix together the mayonnaise and sandwich spread and spoon into a sauce-boat. Serve with the fish fillets and a selection of hot cooked vegetables.



Shrimp Salad

1/2 kilo medium-sized shrimps, cooked and shelled
1/3 cup vinegar
1/4 cup sugar
1 teaspoon salt
1/4 teaspoon ground black pepper
1/2 teaspoon mustard
4 cups shredded cabbage
1 cup shredded carrot
2 large ripe tomatoes, cut in wedges
Parsley
1/4 cup mayonnaise

Slice shrimps into halves. Marinate in a mixture of vinegar, sugar, salt, pepper, mustard, and mayonnaise. Toss cabbage, carrot, and tomatoes in remaining marinade. Chill and drain.

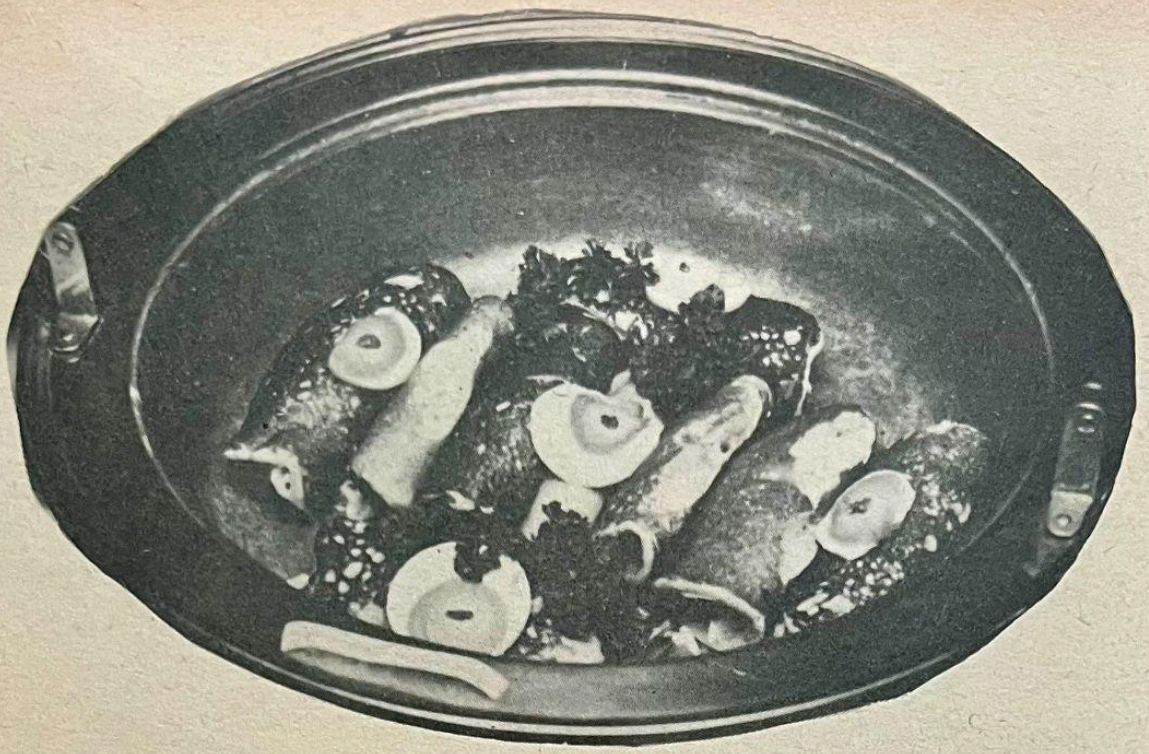
Arrange shrimps in a platter or bowl with the dressed vegetables and garnish with parsley sprigs. Serve and toss with more mayonnaise.

Six to eight servings.

Bamboo Shoots with Shrimp

1-1/2 cups cooked bamboo shoot
2 teaspoons salt
1 cup whole fresh shrimp, blanched & trimmed
3 cups rice washing
3 cups saluyot leaves
3/4 cup pure coconut milk

Boil rice washing, season with salt and add bamboo shoot and shrimp. Cook 10 minutes. Add saluyot and cook 4 minutes. Add coconut milk stirring constantly to avoid curdling. Cook one minute longer. Serve hot. 6 servings.



Broiled Hito

2 big hito **A pinch of salt**

Clean the hito very well, and rub with salt. Prepare live coals and place the fish on a wire toaster. Broil until both sides are brown and tender.

Serve with buro or tomato sauce.

Broiled Sapsap

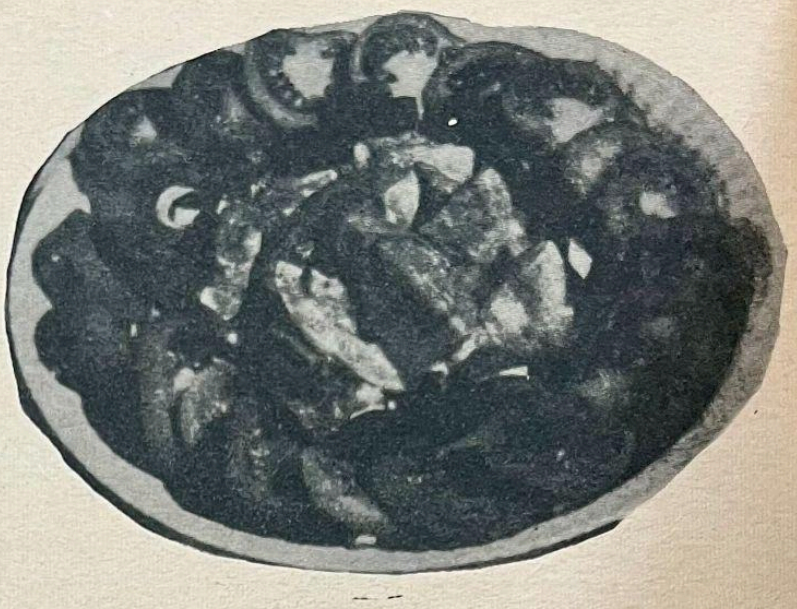
10 sapsap **Sili leaves**
2 tomatoes **1 tbsp. bagoong**

Clean the sapsap. Put the water, tomatoes and bagoong together. When boiling, add the sapsap and pepper leaves. Remove from fire when done.

Fried Dilis

1/2 k. dilis **3 tbsps. lard**

Wash the dilis, and heat the frying pan. Fry the dilis little by little, until brown. Do not fry the whole group at once if you want to get a good result. Serve with tomatoes and onions.



Dilis with Eggs and Tomatoes

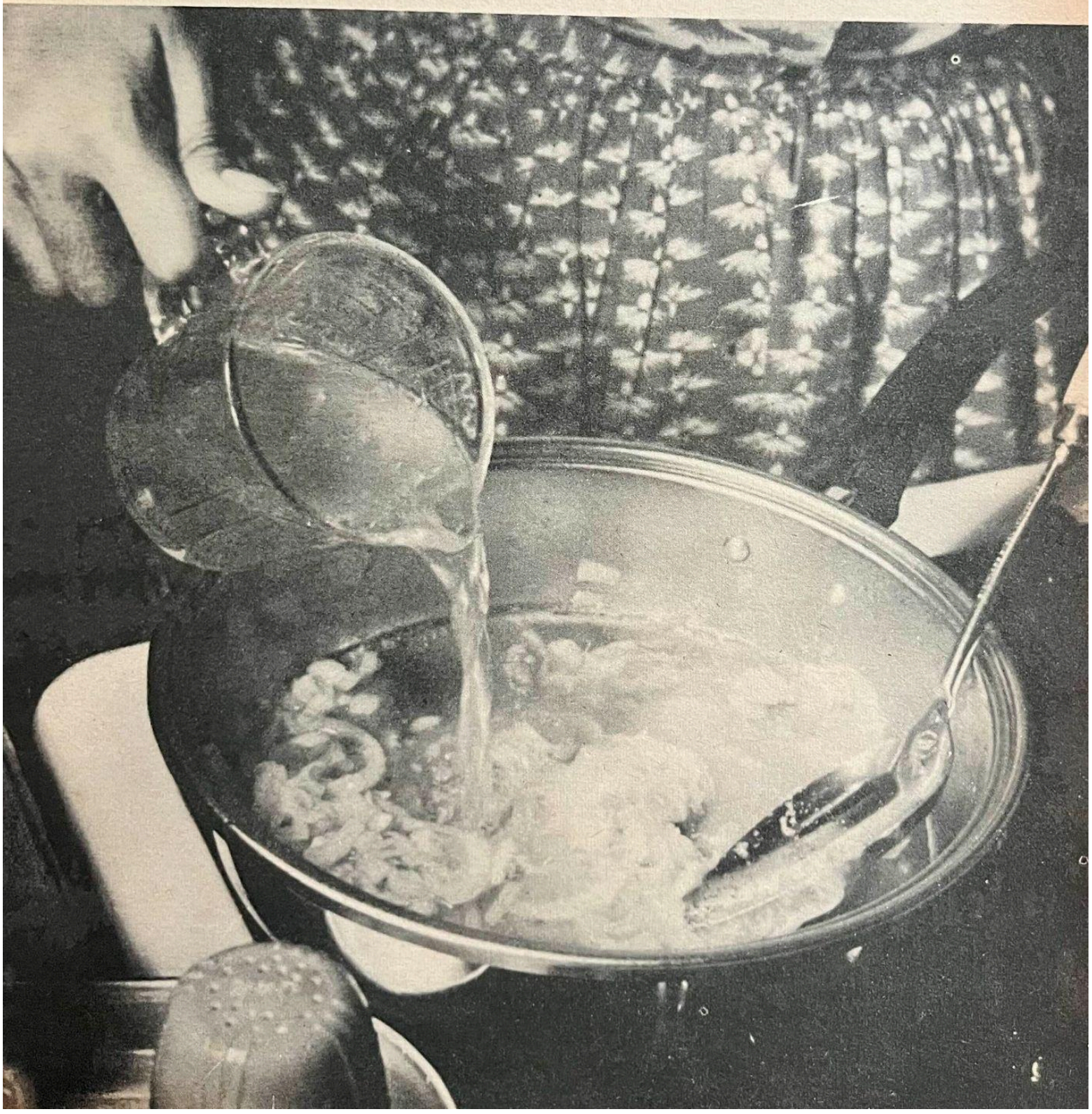
1/2 k. dilis
2 tomatoes
2 tbsps. lard
Salt
2 eggs
1 onion
1 sliced garlic

Saute the garlic, onion, tomatoes. Add the dilis, then the beaten eggs and salt. Remove from fire when done.

Lumpia Bangus

1-1/3 c. flaked bangus (medium size)
1 tsp. salt and pepper
1/3 c. chopped onion
3 tbsp. lard
4 cups raisins (seedless)
Lumpia wrapper

Clean the fish and drop in boiling water. Add salt, cover and flake the remaining fish spine, then set aside. Saute in a saucepan the onion but not brown. Add the tomatoes while stirring. Add the fish and season with salt and pepper, allowing it to cook for 5 minutes. Also add raisins to the mixture and wrap in the lumpia wrapper. Fry in deep fat till light brown. The mixture yields 13 lumpia.



SALADS

Ham And Potato Salad

4 cups diced cooked potatoes
2 cups diced cooked ham
1 teaspoon salt
Kraft Miracle Whip (approximately 1/2 cup)
1/2 cup cooked peas
1/2 cup chopped spring onions
1/4 cup pickle relish
1/4 teaspoon pepper
Lettuce leaves

Combine the diced potatoes, ham, peas, spring onions and pickle relish. Sprinkle with salt and pepper and add sufficient Kraft Miracle Whip to moisten. Chill. Serve in a lettuce-lined bowl.

4-6 servings.

Macaroni With Cheese Tomato Sauce

1 package macaroni
2 onions, chopped
1 small can of tomato sauce
1 cup grated cheese
Butter, if available

Boil the macaroni according to directions on the package. Drain thoroughly and set aside. Make a sauce by sauteing the onion in a little lard, then adding the tomato sauce. The cheese, grated with a fork or cut up into small pieces, may be added at this time. Add the boiled macaroni to the sauce and gently mix until coated. If desired, more cheese may be added at this time. Also add butter, if available. Serve while hot. To serve, pile the macaroni on a platter. Garnish the top with more grated cheese or with slices of Spam or with Vienna sausage.

Cannelloni Filipino

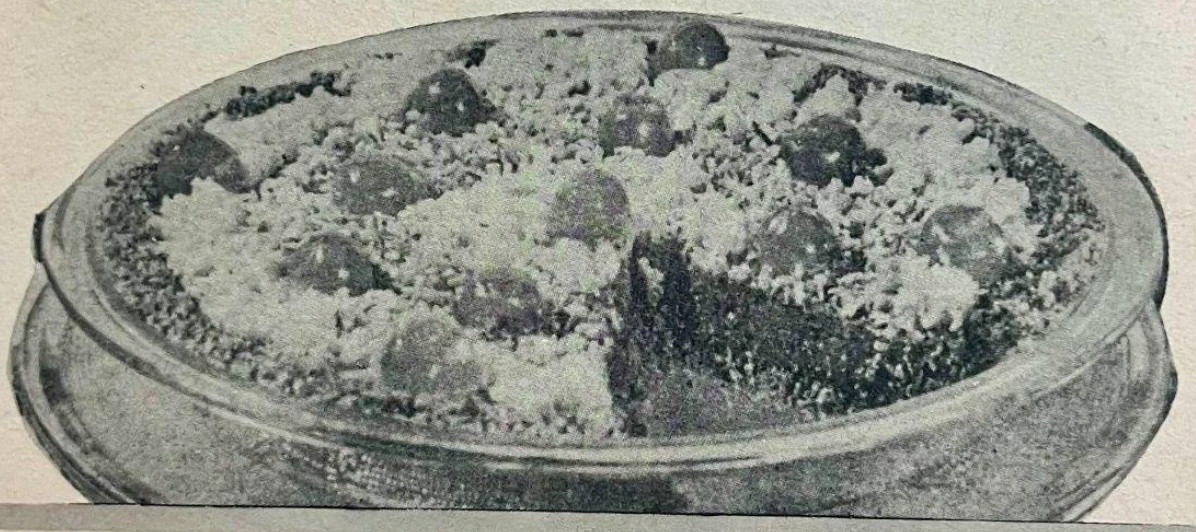
1/2 kilo ground pork
1/2 cup finely chopped celery
1/2 cup dry bread crumbs
1 egg slightly beaten
1/4 teaspoon nutmeg
1/2 kilo ground beef
1/2 cup finely chopped onion
1 cup tomato sauce
1 box macaroni, cooked
Salt and pepper to taste
Oil for frying

Cook celery, onion in oil. Add the ground meat and pork. Cooked until lightly browned. Drain; stir in bread-crumbs, tomato sauce, seasonings and eggs. Add the macaroni and stir weil. Remove from fire.

Sauce:

2 oz. shredded Kraft Cheddar Cheese
1 can evaporated milk
2 tablespoons cornstarch
1/4 lb. fresh butter
3 egg yolks

Mix all the ingredients and cook in a double boiler by stirring until a thick sauce is formed. Set aside. Remove from fire. Cover macaroni with sauce. 10 servings.



Neapolian Spaghetti

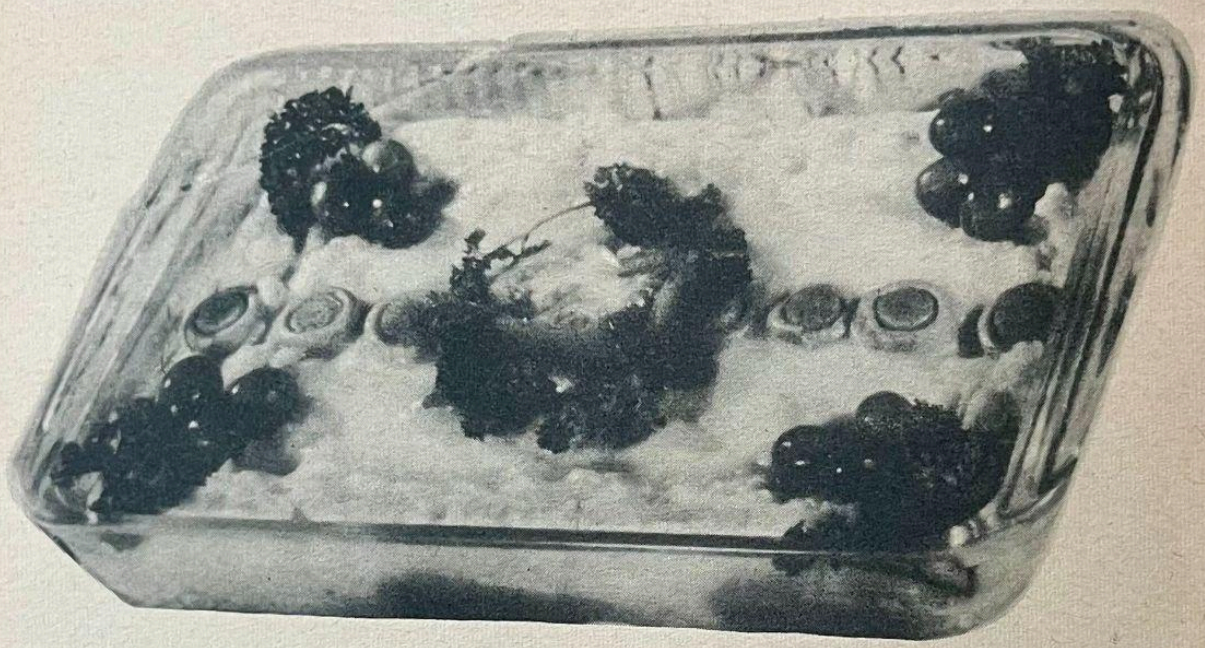
1/2 c. minced onion
2 cloves garlic, minced
1/4 c. salad oil
3 c. fresh tomatoes, chopped
1 6-oz. can tomato paste
3 c. hot water
3-1/3 tsps. salt
1/4 tsps. powdered cloves
1 tsp. dried sage
1/2 oz. spaghetti, cooked to fill
3-1/4 grated cheese
Speck of pepper

Saute onion and garlic golden brown in hot salad oil in skillet. Add rest of ingredients except spaghetti and cheese. Simmer 1-1/2 hours, uncovered stirring often. Keep hot while cooking spaghetti on platter. Over it pour generous layer of sauce, sprinkle with cheese. Top with rest of spaghetti, cover with rest of sauce, top with more cheese.

Spaghetti With Italian Meat Sauce

1/3 cup olive oil
1 sliced, peeled onion
1 minced, peeled small garlic
1 6-oz. can tomato sauce
Parmesan cheese, grated
1/2 tsp. salt.
1/4 tsp. pepper
1/4 lb. chuck beef, ground
1/2 lb. raw thin spaghetti

Heat olive oil in skillet; saute onion and garlic in it until tender. Cook slightly. Add tomato paste, salt, and pepper. Crumble pork and beef into skillet. Cook, covered, over very low heat, so mixture just simmers, for 25 min. Meanwhile, cook spaghetti. Pour sauce over spaghetti; toss together; sprinkle generously with Parmesan cheese. Makes 3 to 4 generous servings.



Sauteed Spaghetti

1 package spaghetti
1 can tomato sauce
1 onion
1 big slice ham
1 chorizo de Bilbao
2 cloves garlic
5 tbsp. grated cheese
Lard for sauteing

Break spaghetti into desired lengths. Drop in salted boiling water and cook till done. Mince onions, pound garlic and dice sausage. Dice ham. Saute in enough shortening, garlic, onions, ham and sausage. Add tomato sauce. Season with salt and pepper. Wash cooked spaghetti in cold water, then drain. Saute along with the rest of the ingredients. Add grated cheese and stir. Arrange on platter. Garnish with rest of cheese.

MEAT, LIVER, TONGUE

Menudo

1/2 kilo pork
1/4 kilo liver, diced
4 tomatoes, chopped or
1/2 can tomato sauce
4 regular-sized potatoes, cubed
1 clove garlic, crushed
2 onions, sliced
1 tbsp. Soy sauce or
1/2 tsp. pimiento
Salt to taste
1 small can peas

Boil pork until half cooked in 1 cup water. Dice and set aside.

Saute garlic and onions, add tomatoes. Add pork and liver; salt to taste. Simmer for a few minutes. Add chicken stock, then potatoes. Continue cooking until potatoes are done; add garbanzos. Lastly add peas and vetsin. Serve hot.

Breaded Steak
(Chuletas de puerco)

6 slices tenderloin steak
Salt and pepper
2 tsps. calamansi juice
1/2 cup bread crumbs
1 egg beaten
Cooking oil

Pound the steak slices thin. Season with salt and pepper and calamansi juice about 20 minutes before cooking. Roll in bread crumbs, dip in egg just to moisten and roll in bread crumbs again. Pan fry in oil over moderate heat. Serve hot. Garnish platter with onion rings and kinchay.

Suki-Yaki

1/4 kilo tenderloin, sliced very fine
1-1/2 tbsps. sugar
1 onion, sliced thick
1 bunch Baguio pechay
5 pieces bamboo shoots
5 pieces Chinese mushrooms
100 gm. beef suet
2 pieces carrots
4 pieces tokwa
2 stalks leeks
100 gm. sotanghon

Sauce:
1/3 cup soy sauce
3 tbsps. sugar

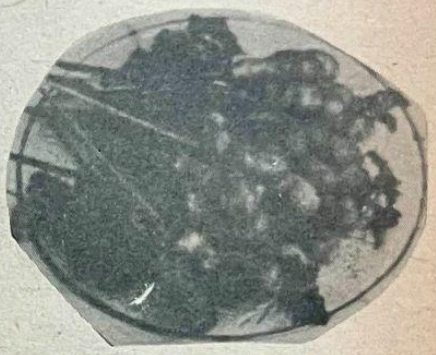
Mix all ingredients for sauce and bring to a boil. Set aside. Melt beef suet in skillet; sear the beef slices, one by one, till this is brown. Add sugar and a little of the sauce. Next add the carrots, onion slices, leeks, pechay, one after another, letting mixture simmer after every addition of an ingredient is made. Add more soy sauce to taste; then add the tokwa slices, and let mixture simmer for sometime. Add lastly the sliced mushrooms and the sotanghon which had been previously soaked in water and cut into small pieces. Serve the Suki-yaki hot together with a raw egg which has been beaten in a small cup or bowl.

Kari-Kari With Bagoong Pangasinan

- 1 tail of cow
- 1 beef hocks
- 6 c. water
- 1/2 c. water
- 4 pcs. eggplant
- 2 bundles sitao
- 1 c. toasted, ground rice
- Salt and vetsin
- 1 banana blossom (butuan variety)
- 1 head garlic, chopped
- 2 onions, sliced
- 1/4 c. cooking oil
- 1/2 c. bagoong pangasinan
- 1 c. ground peanuts
- 1/2 c. atchuete seeds for coloring

Boil the tail and hocks in water until tender. Cut into desired pieces and set aside. Soak atchuete seeds in water. Rub to bring out color. Set aside. Cut vegetables into desired pieces. Boil water, drop sitao and parboil. Remove, set aside. Do likewise with eggplants and banana blossom. Saute garlic and onions in cooking oil. Add bagoong and atchuete water. Let boil 5 minutes. Blend in ground peanuts and ground rice. Bring to a boil then put in the meats. Just before removing from the fire, add the vegetables. Serve with bagoong Pangasinan.

Beef Steak a La Tagalog



- 6 slices tender steak
- 1 tbsp. calamansi juice
- 1 tbsp. soy sauce
- 1 tsp. salt
- 1 tsp. pepper
- 1/2 cup sliced onion
- Cooking oil

Marinate steak in calamansi juice, soy sauce, salt and pepper. Pan fry in about 2 tablespoons oil. When steaks are ready, remove from pan onto serving dish. Add about 2 tablespoons oil to remaining oil in the same pan and fry onion until tender. Pile on top of steak. Serve hot.

Bagoong Pangasinan

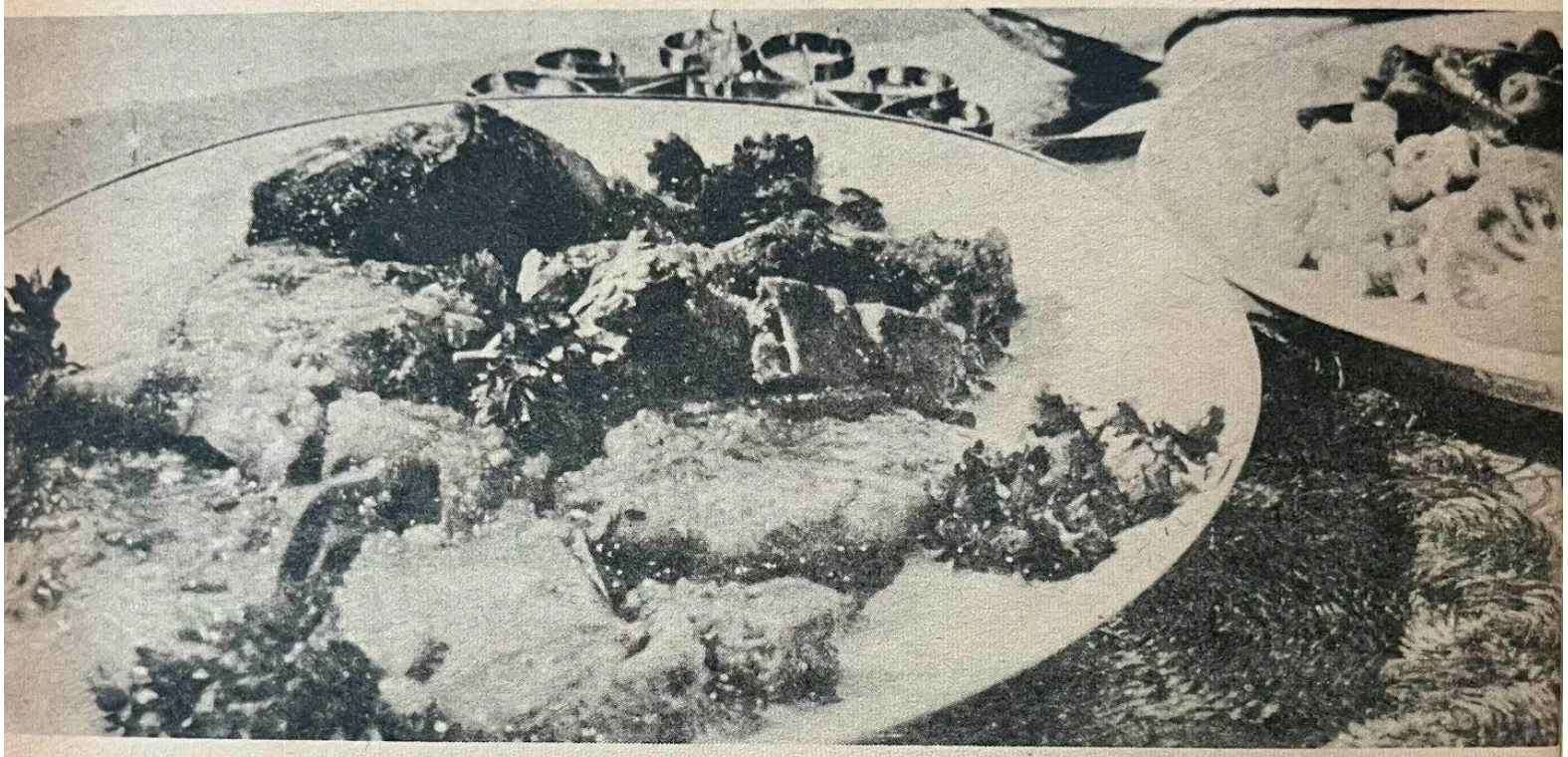
- 1/4 c. cooking oil
- 1 head garlic, chopped
- 1 onion, chopped
- 1/2 kilo pork, diced
- 2 tbsps. tomato catsup
- 1-1/2 c. bagoong Pangasinan
- 1 tsp. sugar
- 1/4 c. native vinegar
- 1/4 c. pork broth
- 2 egg yolks, beaten

Saute garlic, and onion in cooking oil. Add the pork, bagoong and sugar. Blend well, then add vinegar and broth, and catsup. Boil until quite dry. Remove from fire stirring beaten egg yolks. Serve with the kari-kari.

Liver a La Creole

3 tablespoons salad oil
1 pound liver
1 tablespoon flour
1 onion, sliced in rings
1 green pepper cut in rings

Heat salad oil on frying pan and fry onions rapidly for 10 minutes. Remove from pan to a plate; make a sauce with remaining oil and flour and brown well. Add onions, fry until brown. Put liver in with the sauce and stir until liver is coated. Then add very slowly 2 cups hot water. Add salt. Lastly add the green pepper. Cook for a few minutes more and serve.



Braised Fresh Tongue

1 large fresh tongue
4 tablespoons butter
1 large onion
2 cloves garlic
1 cup tomato puree
1 teaspoon salt
1 teaspoon dried basil
1 teaspoon black pepper
1 teaspoon mustard
1 cup sliced ripe olives
1/4 cup capers
1/4 cup chopped parsley

Clean the tongue by dipping it in hot water for some minutes and scraping off the outer skin layer. Clean thoroughly. Trim off the root.

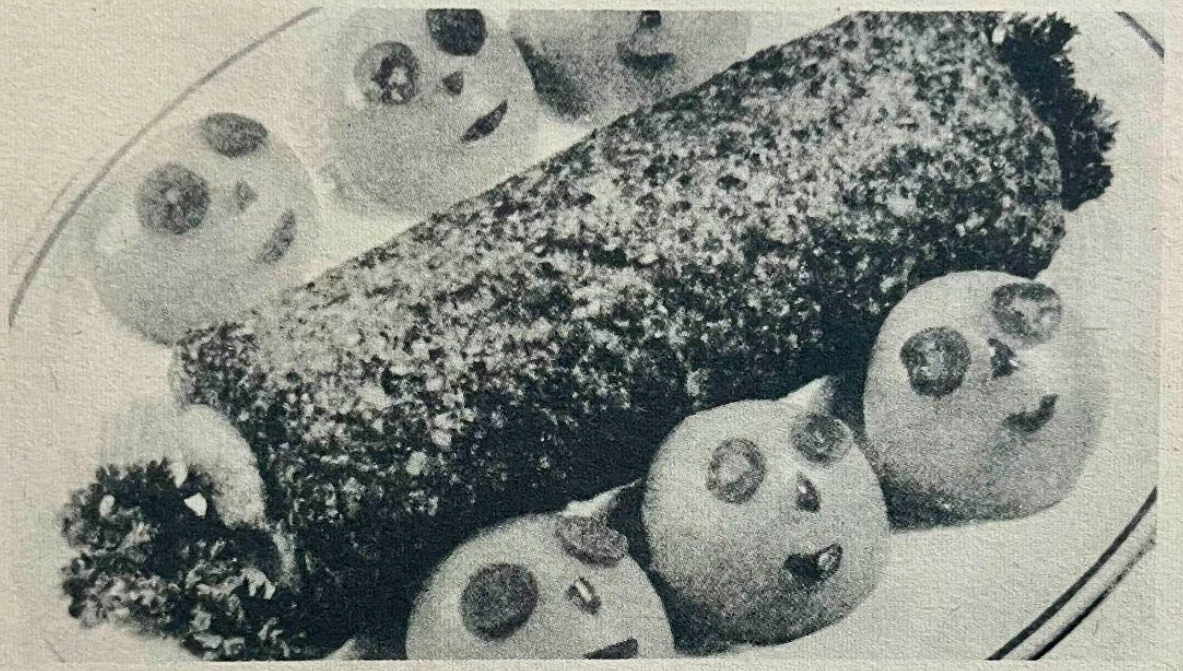
Melt the butter in a skillet and saute the chopped onion and garlic until just soft. Add tomato puree, the basil, salt, the freshly ground black pepper, dry mustard and blend all together. Bring to a boil. Place tongue in this mixture, add enough water to cover, and cook over low heat until tender.

Serve this tongue in tomato sauce with fried potatoes and pureed spinach dressed with plenty of butter.

Baked Breaded Pork Chops

4 large porkchops
Salt and pepper
Powdered sage
Fine dry crumbs
Cider or tomato sauce

Dust the chops with salt, pepper and sage. Then cover with the crumbs. Place in an oiled pan and bake in a hot oven 450°F. until beginning to brown; add a little hot water, cider or tomato juice. Then turn the chops over and continue to bake at 350°F. until the chops are well browned and tender, about 35 minutes. If desired, small halved peeled sweet potatoes may be baked in the same pan.



Roast Fresh Ham

1 fresh ham
1 tsp. nutmeg
1-1/2 tsps. salt
1-1/2 tsps. pepper
1/2 tsp. Aji-No-Moto
2 tbsps. butter
2 tbsps. flour
1/2 tsp. dry mustard
1-1/2 cups boiling water

Combine salt, pepper, Aji-No-Moto and nutmeg and rub into the ham well. Score the fat in several places with a sharp knife and place the ham in a roasting pan. Roast for 30 minutes in an oven at 450 degrees. Add boiling water, reduce the oven temperature to 350 degrees and roast 25 minutes per pound.

Remove the gravy from the pan and skim off all the fat. Add water if needed to make 1-1/2 cups of gravy. Melt butter in a saucepan and add flour and mustard, stirring constantly until the boiling point is reached. Cook over low heat for 5 minutes. Carve the ham and serve the gravy in a saucebeat.

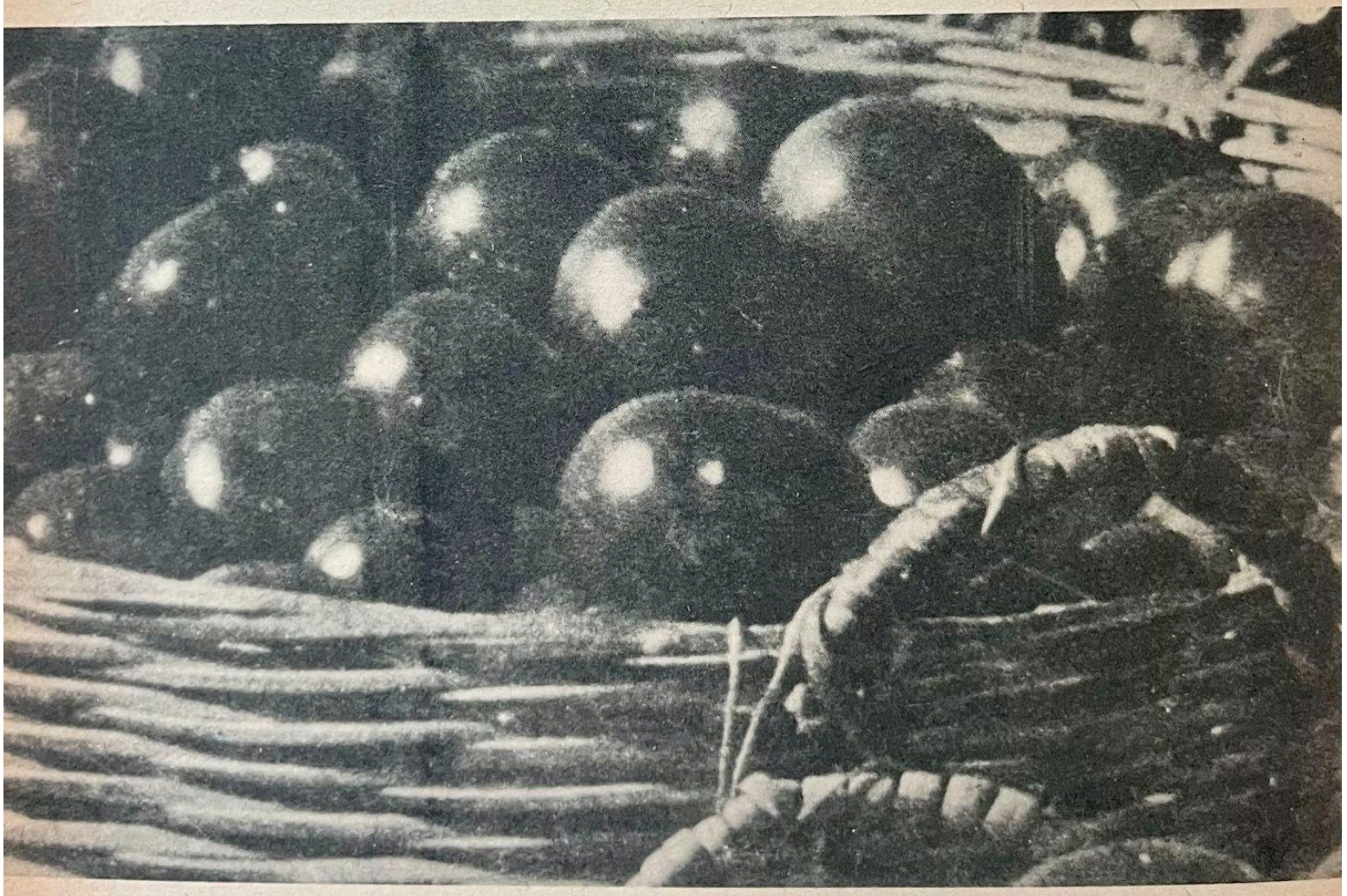
STEW AND SOUP

Pork Stew

1 kilo pork from the leg (pigue)
6 cups water
3 teaspoons salt
Pepper
2 bay leaves
10 whole cloves
Carrots
Potatoes
6 tablespoons flour

Liempo or ribs may also be used for this dish but it is too fatty. Cut pork into 2 or 3 inch cubes and brown in a little fat in a heavy frying pan or kettle. Drain off fat that accumulates. Add the water and seasonings. If desired, add also a little vinegar, about 2 tablespoons, to hasten tenderizing process. Cover and simmer over charcoal for one hour or until tender. Add just enough vegetables for one meal. Add the onions whole, the carrots and the potatoes cut into cubes as large as the meat. Mix flour with a little fat until smooth, then add to the stew. Continue cooking until thick.

Suggestions: Then next day, add peas, fresh or canned to the stew. To any left, add liver and sweet pepper, for afritada. Add a little water before reheating stew as the sauce becomes thicker and thicker.

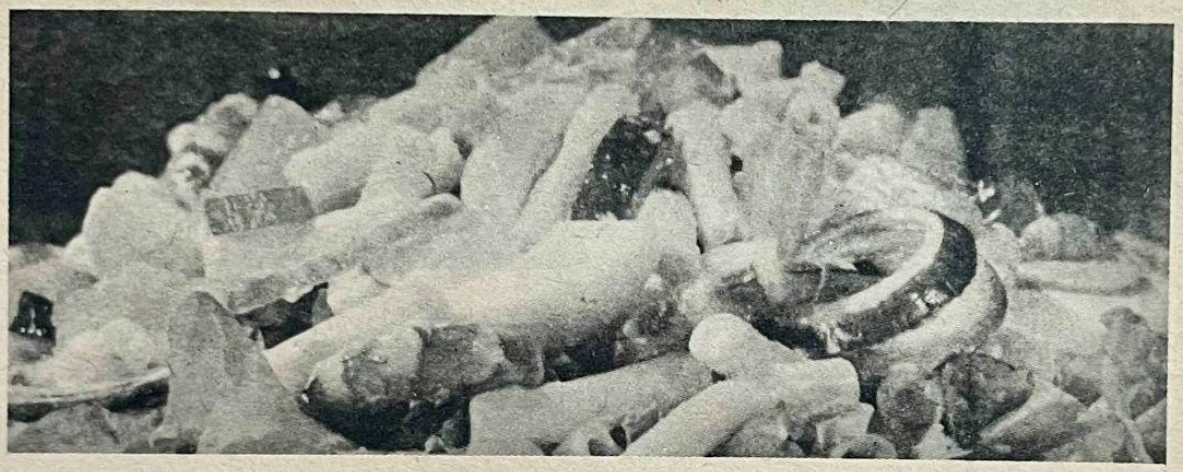


Oven Veal Stew

- 1-1/2 lbs. veal shoulder
- 2 slices salted pork
- 1 large onion, chopped
- 1-1/2 c. water
- 1 can tomato soup
- 2 tbsp. flour
- 1 tsp. salt
- 1/8 tsp. pepper
- 1/4 tsp. paprika
- 6 small onions
- 6 medium carrots
- 6 medium potatoes

Remove veal from bones (saving bones to make broth); cut in 2-inch cubes. Dice salted pork and brown veal with pork together in frying pan, then remove to baking dish. Brown chopped onion in fat remaining in frying pan; add flour and mix well. Add water, tomato soup, and seasonings. Cook 3 minutes, stirring constantly; pour over meat.

Cover and cook 1-1/2 hours in slow oven (350°F.). Add whole onions and cubed carrots and potatoes. Cover and return to oven for 45 minutes, or until meat and vegetables are done. Serves 4.



Chicken-Ginger Soup

- One large chicken
- 2 stalks celery
- 1 carrot, peeled
- 10 cups water
- 2-1/2 teaspoons salt
- 1 inch piece fresh ginger, sliced finely
- 3 tablespoons cooking oil
- 3 onions, sliced
- 1 cup bean sprouts (togue), washed and drained
- 3 hard-boiled eggs, sliced

Wash chicken thoroughly. Place in a saucepan with celery, carrot, and water. Let boil. Skim foam from the top. Cook over medium heat until chicken is tender.

Add salt after the first hour – tenderizing the chicken and bringing out the best flavor should take at least two hours. Strain the stock. Add the ginger. Set stock aside.

Cut the chicken into slivers. Heat oil in a skillet. Add onions and saute for 15 minutes. Add the bean sprouts and cook over low heat for five minutes.

Place onions, bean sprouts, sliced eggs, and chicken in a bowl.

Serve the soup in individual places. It is customary for each person to help himself to the chicken and vegetables from the bowl.

Chicken, Ham and Mushroom Soup

4 cups chicken bone stock
1/2 cup chicken meat
1/2 mushroom
1/3 cup ham
1 teaspoon salt
1 teaspoon monosodium glutamate

Soak dash of black pepper in a cup of boiling water for one hour. Boil shredded ham gently in chicken bone stock for ten minutes. Add the mushroom and the mushroom water to the pan. Then add chicken meat and continue to simmer for ten minutes. Now add the seasonings; stir and serve while hot.

Barangay Lumpia

1/2 cup ground pork
2 oz. shredded cheese
1/4 cup chopped tomatoes
1/2 kilo ground shrimp
1 onion, chopped
Salt and pepper
Lumpia wrappers

Prepare all the ingredients before sauteing. Saute the onion, tomatoes then add ground pork. Cook for a few minutes. Add the ground shrimp and grated cheese. When done, put on a platter and cool. Wrap in lumpia wrappers very tightly. Fry until brown. Serve with sweet-sour sauce. 8 servings.

Kilawin

- 1/2 pig's head, boiled soft and cut into bite-size
- 3 pcs. tokua or soy bean curd, in squares and fried
- 1 head garlic, finely minced
- 1 big onion, finely sliced
- 1/2 tsp. ground black pepper or whole peppercorn, pounded
- 1 c. native vinegar
- 1 tbsp. soy sauce

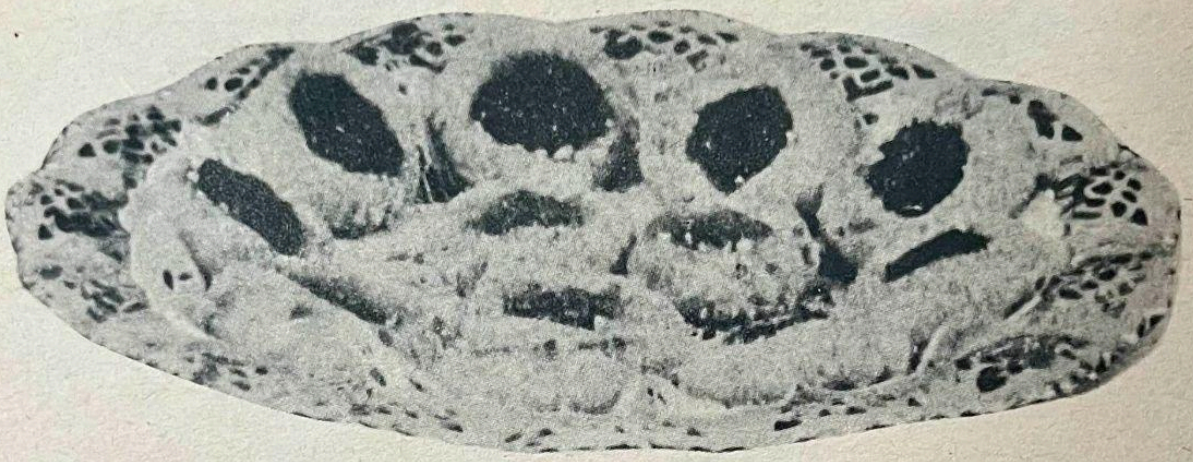
Mix above ingredients together. This may be a complimentary dish to the Pancit Luglog or served separately.

SANDWICHES AND CAKES

Hot Sardine Snacks

1 cup flaked sardines
2 hard-boiled eggs, chopped finely
salt and pepper to taste
1/2 cup sandwich spread
3-4 dashes chili sauce
toasted bread rounds or crackers

Combine all ingredients in a bowl; mix well. Spread on toasted bread rounds or crackers and garnish with fancy shaped pimiento, pickles or parsley.



Banana Chiffon Cake

2 eggs, separated
1-1/3 cups sugar
2 cups sifted cake flour
1 tsp. baking powder
1 tsp. salt
1 tsp. soda
1/3 cup salad oil
1 cup mashed very ripe bananas
2/3 cup buttermilk
1 tsp. vanilla
1/2 cup finely chopped nuts

Heat oven to 350 degrees (moderate). Oil lightly and dust with flour 2 round layer pans, 8 x 1-1/2 inches, or an oblong pan 13 x 9-1/2 inches. Beat egg whites until frothy. Gradually beat in 1/3 cup of the sugar. Combine flour, baking powder, salt, soda into another bowl. Add oil, mashed bananas, half of buttermilk flavoring. Beat 1 minute using medium speed on mixer, or 150 vigorous strokes by hand.

Scrape sides and bottom of bowl constantly. Add remaining buttermilk, and eggyolks. Beat 1 minute, scraping sides of bowl. Fold in beaten egg whites. Fold in nuts gently. Pour into prepared pans. Bake the 8-inch layer 25 to 30 minutes; oblong 40 to 45 minutes. Cool. Frost with quick frosting.

Coconut Horns

1/3 cup peanuts
1-1/4 cups shredded coconut
1/2 cup cookie or graham cracker crumbs
1/2 cup refined sugar
1/4 cup cocoa
Pinch of salt
1/4 tsp. cinnamon
2 egg whites

Chop shredded coconut fine, then mix with cookie or graham cracker crumbs, refined sugar, cocoa, salt and cinnamon. Stir in unbeaten egg whites thoroughly.

Pull off pieces of dough about the size of a walnut and shape into small half-moons or crescents. Roll crescents in coarsely chopped peanuts and place on greased cookie sheet. Bake in moderate oven (350 degrees F.) 10 to 12 minutes. Make 2 dozen cookies.

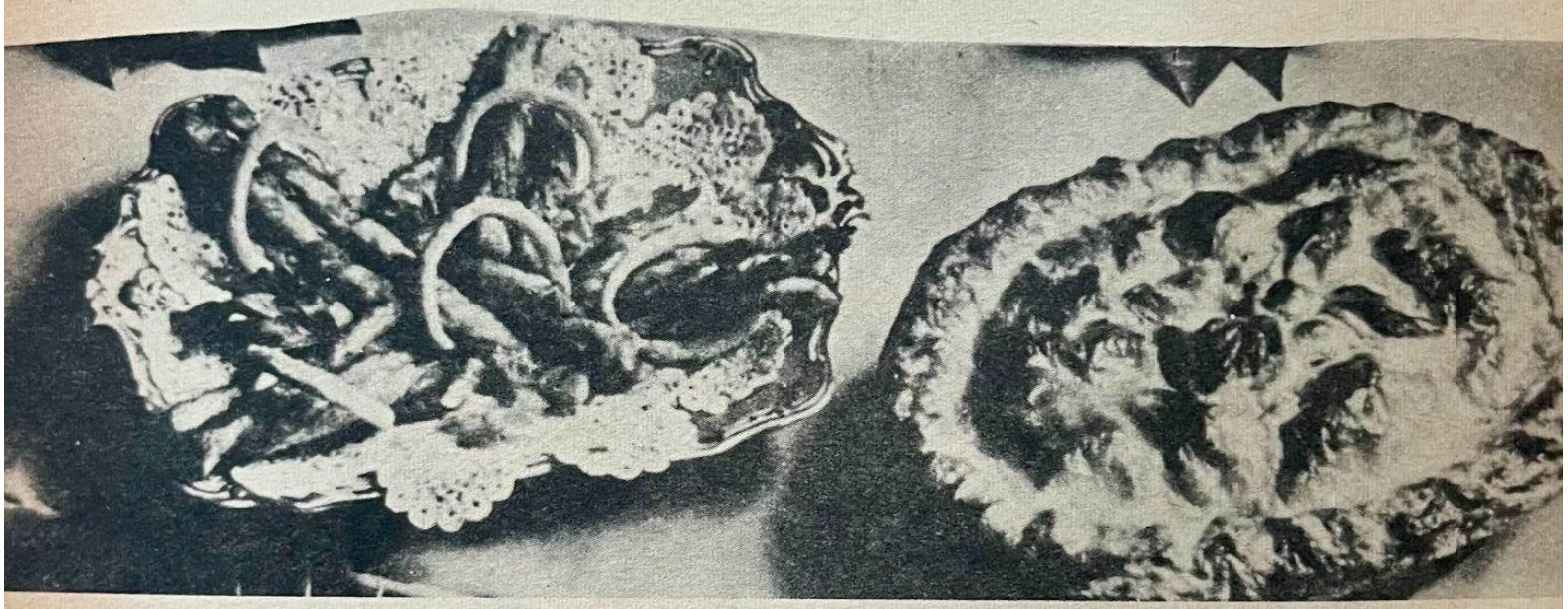
Toasted Shrimp Sandwiches

1-1/2 cups chopped cooked shrimps
1 hard-cooked egg, chopped
1 cup finely shredded cabbage
1/4 cup Miracle Whip or Mayonnaise
Salt and pepper to taste
12 slices white bread
Garnish

Combine first 5 ingredients. Make 6 sandwiches with the bread slices. Spread top side of each sandwich with Kraft Miracle Whip; invert on sandwich grill or skillet. Spread dressing on unbrowned side; turn and toast until both sides are golden brown.

Serve with toasted pineapple slices and garnish with stuffed olives, parsley and tomato wedges.

6 servings.



Flaked Lapu-lapu Sandwich

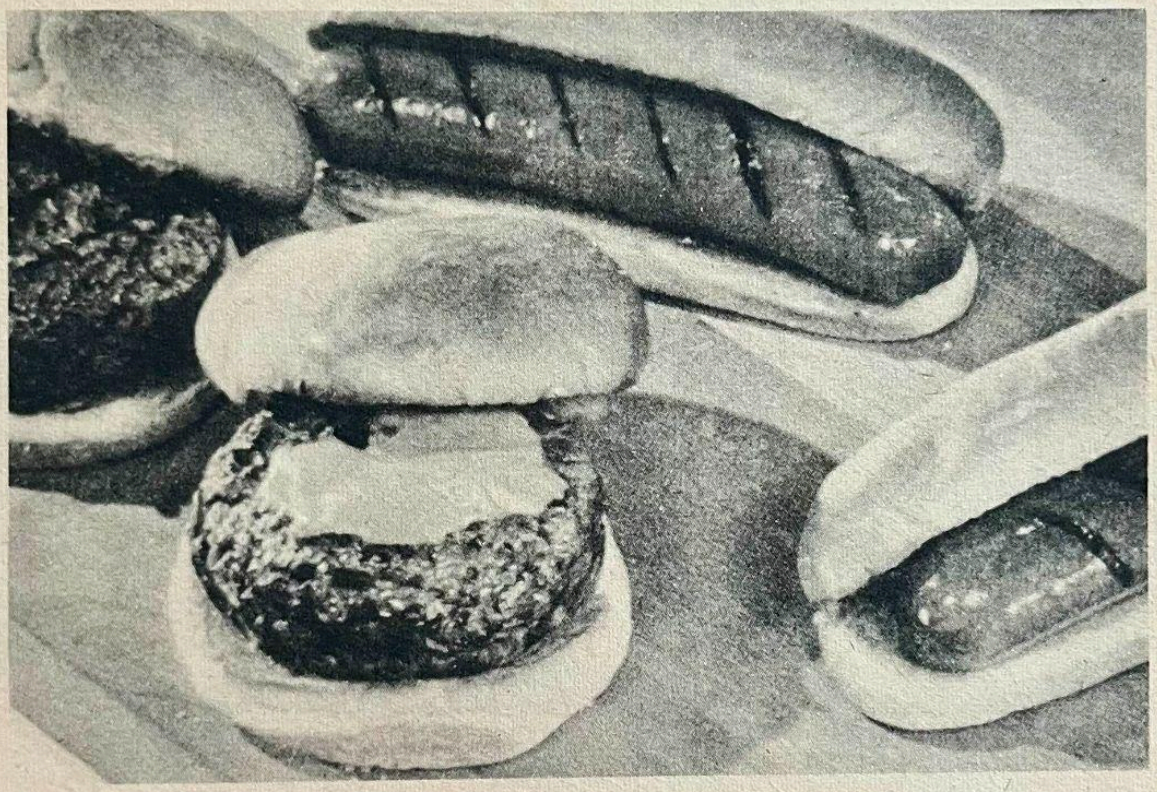
2 cups flaked lapu-lapu
2 beaten eggs
Chopped raisins
Salt & pepper to taste
Sliced white bread or pan de sal
1 chopped onion
Pounded garlic
Fats for shortening
Chopped onion shoots

Saute onion, garlic, flaked lapu-lapu and add beaten eggs. Garnish with onion leaves. Place mixture on buttered pan de sal or enriched white bread. Makes about 12 sandwiches or more.

Hamburger Special

1 tablespoon fat or salad oil
1/2 cup ground beef
2 tablespoons flour
6-ounce can mushrooms, broiled
2 cups water, plus liquid from mushrooms
1 teaspoon salt
Black pepper, few grains
3 tablespoons catsup
Elbow macaroni, 8-ounce package

Heat fat or oil in skillet; add onions. Cook over medium heat 5 minutes, add beef crumbled into small pieces and brown well. Stir in flour; add mushrooms cut in pieces, water and mushroom liquid, salted, pepper and catsup, simmer 5 to 10 minutes. Meanwhile cook macaroni according to directions on package; drain. Pour sauce over hot macaroni, mix well and serve at once. Makes 4 to 6 servings.



Bacon Corn Chowder

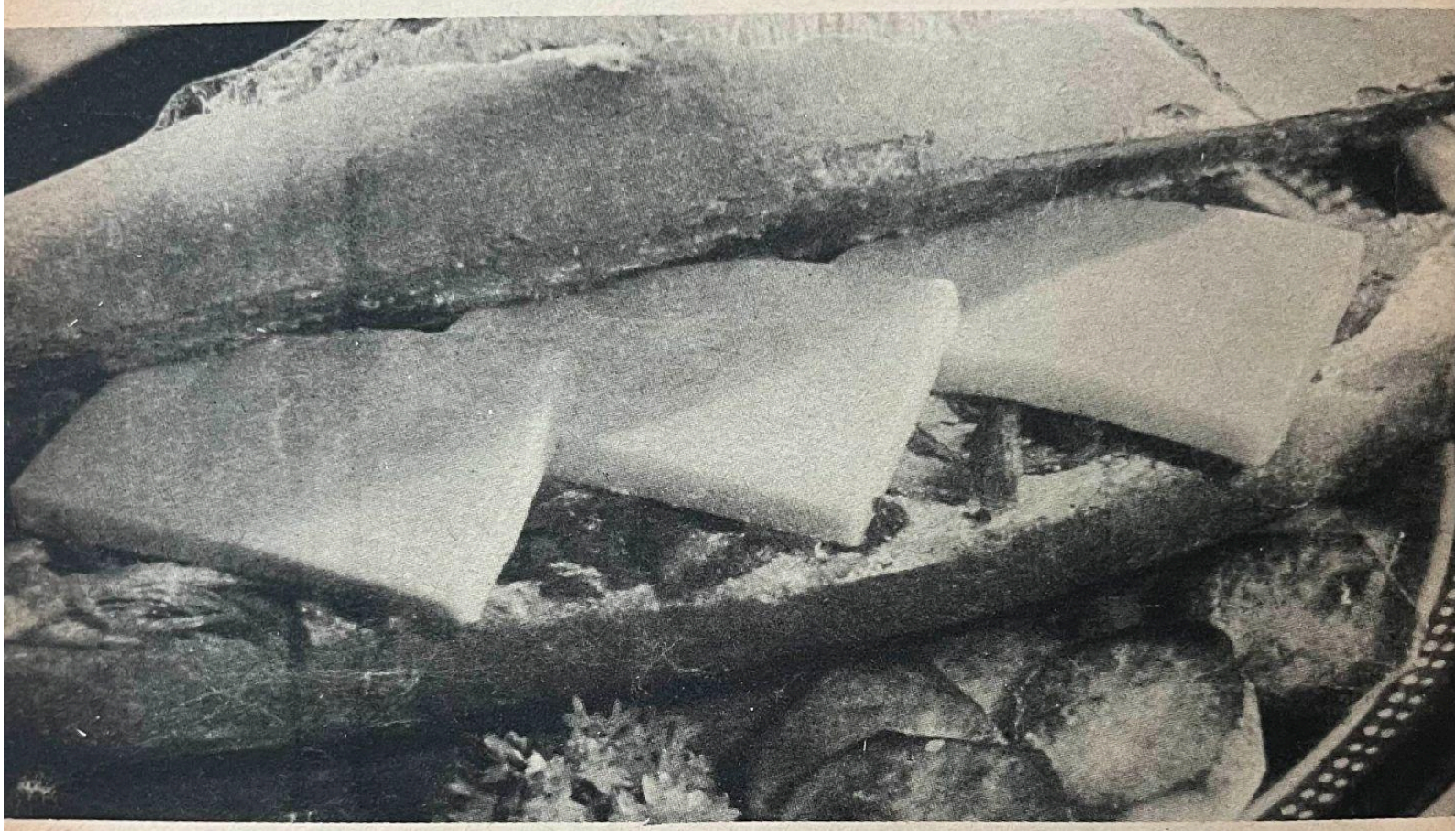
3 slices bacon
1 sliced onion
4 potatoes
1 No. 2 can corn, cream style, or
2 cups fresh corn cut from the cob
4 cups milk
Salt and pepper

Cut bacon into small pieces and fry in a pan over a low fire until lard comes out and the bacon is crisp. Add the sliced onion and cook for 5 minutes. Transfer to a saucepan and add 2 cups boiling water and the potatoes. When the potatoes are cooked, add the corn and the milk. Season with salt and pepper and serve hot.

Omelets

As to omelets, their fillings vary according to preferences, but anything goes, from meat to vegetables. Do try a filling of asparagus or of green peas in white sauce sometime.

So-called Spanish Omelet contains a filling of sweet pepper, tomatoes and onions. If olives and ham are available, these may be added. The vegetables are sliced finely, then sauted in a little lard in this order – pepper, tomatoes, onions. This mixture is removed from the pan and set aside while the omelet is setting, then pour on one half of the omelet. The other half is folded over the filling. If filling seems dry, moisten with a little tomato catsup. Serve at once.



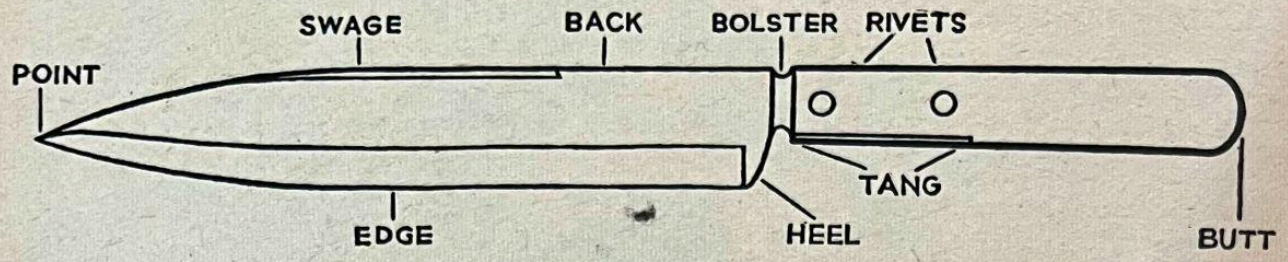
Salmon Loaf

1 cup soft bread crumbs
1 cup milk fluid
1 No. 1 can Libby's Salmon, drained and flaked
1 teaspoon salt
1 tablespoon butter
1 tablespoon minced onion
2 egg yolks, beaten
1 teaspoon lemon juice
2 egg whites, stiffly beaten
4 hard cooked eggs, shelled

Soak bread crumbs in milk for 10 minutes. Add the salmon, salt, butter, onion, lemon juice, and egg yolks. Blend well. Fold in the stiffly beaten egg whites. Fill well-greased loaf pan half full with the mixture firmly around and over eggs. Bake in a moderate oven for about an hour. Unmold on a platter and serve with Sweet Pickle Sauce.

SNACKS

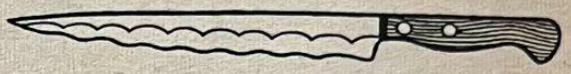
How to tell **WHICH KNIFE** *to reach for...*



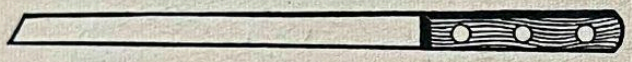
You don't have to own a complete arsenal of knives to be able to prepare food well. But you can often save time in the kitchen by knowing which of the knives you do own is best for a particular cutting job.

Below are eight basic knives. Their names and styles sometimes vary slightly, depending on their manufacturer. The inch measurements refer to blade length. Other parts, less commonly known, are named above.

UTILITY KNIFE, 6 or 7 inches. Use when paring knife is too small. Edge also made scalloped or serrated.



BREAD KNIFE, 8 inches. The scalloped edge won't crush even such very soft foods as sponge- or angel-food cake.

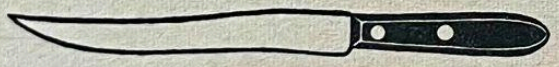


COLD SLICER, 10 inches; sometimes called a ham slicer. Its long, narrow blade cuts easily through cold fat.

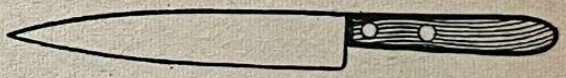
PARING KNIFE, 3 or 3½ inches. Indispensable for dozens of kitchen chores: peeling, seeding, pitting, etc.

GRAPEFRUIT KNIFE, 3½ inches, with curved blade, usually has at least one serrated or scalloped edge.

BONER, 6 inches; also called a trimmer. Special tapered edge for boning ham or leg of lamb, filleting fish, etc.



HOT SLICER, 8 or 12 inches. Most commonly used for carving roasts and other hot meats and poultry.



COOK'S KNIFE, 8 inches; or French or chef's knife. Handle's position gives knuckle space for chopping.

Do's and Don'ts on **KNIFE CARE**

DO sharpen all your knives often on special tools made for the job, or have them sharpened professionally.

DON'T use your knives to open cans or remove jar lids and bottle tops.

DON'T cut on top of glass, metal, or tile surfaces. They dull the blade. Use a wood cutting board.

DO keep your knives in a tier or block. It helps keep the blades sharp and prevents cut fingers.

DON'T soak knives in water. It eventually warps or roughens handles. Instead, wash in hot water, and dry at once.

With today's **REFRIGERATORS,** *even the* **ICE CUBES** *are better than ever*

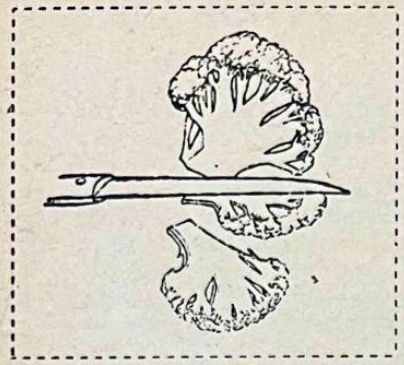
In some models, a constant supply of cubes is turned out automatically. There's no need to fill and empty trays; water is piped directly to them, and when the cubes are frozen, they are ejected promptly into a storage bin. The process continues until the bin is full, resumes as soon as the supply of cubes runs low. In a less-expensive version of this device, filling the trays is left up to you, but you're provided with a small measuring pitcher that holds just the right amount of water for the job.

Other refrigerators have convenient tray-emptying devices. You merely remove the tray in the regular manner, then insert it, upside down, in a slot above a storage bin, push a lever, and the cubes drop out instantly. The bin keeps cubes at freezing temperature, prevents their melting and refreezing together.

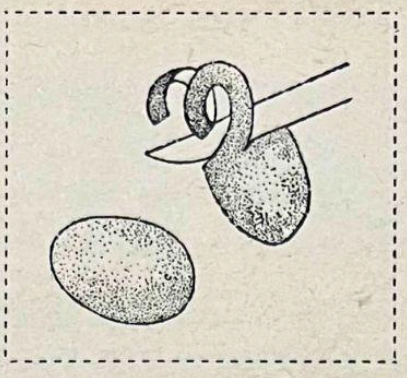
Conventional ice-cube trays have been improved, too. Releasing the cubes is now merely a fingertip operation. And there are trays that make ice in new shapes—spheres, crescents, tiny cubes, thin slices—for a variety of uses. Some of these new trays are available separately, will fit into older refrigerators. (There are tricks to reconditioning old trays, too. If they are inclined to stick or don't release the cubes readily, scour them with a steel-wool soap pad; then apply ice-cube-tray wax, available from refrigerator dealers.)

The new refrigerators have other improvements. Among them:

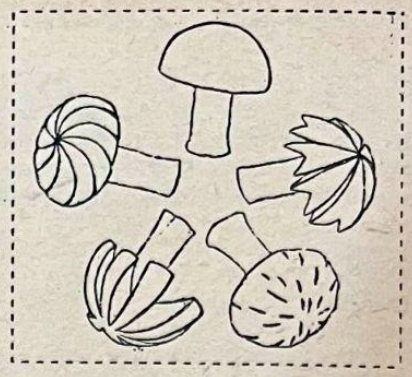
No-frost freezer compartments. Several manufacturers have found a way to prevent the formation of frost, completely eliminating the defrosting problem.



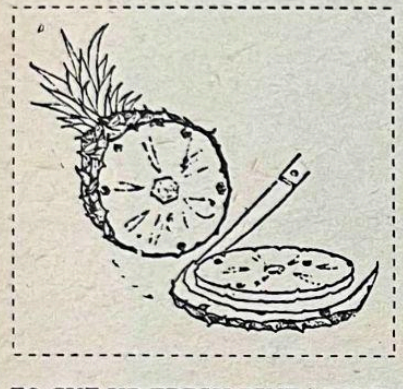
CAULIFLOWERET SLICES: Separate cauliflower head into individual cauliflowerets. With sharp knife, cut each lengthwise into thin slices; dip in lemon juice before using, to keep white.



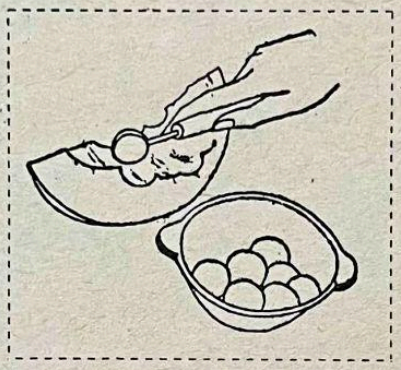
CORKSCREW OLIVE: Hold pitted olive upright between thumb and index finger; turn counterclockwise while slicing thin, continuous strip from top to bottom. Use curled strip on salads.



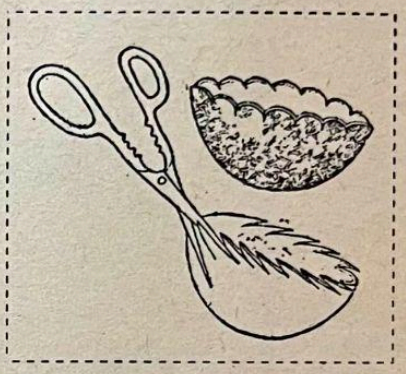
MUSHROOM GARNISH: Remove thin, curved strips at equal distances around mushroom cap with knife. Or, cut out wedges almost to center. For other designs, decorate edge or mark with toothpick as pictured above.



TO CUT UP FRESH PINEAPPLE: Cut whole fruit into crosswise slices. With a sharp knife, pare rind from slices; cut out eyes and core. Cut slices into bite-size pieces for fruit salad or dessert.



MELON BALLS: Cut melon in half or in wedges; remove all seeds. Then, using melon-ball scoop or measuring spoon, scoop balls from fruit for salads or garnish.



MELON OR GRAPEFRUIT BOAT: Cut fruit in half; hollow out and save fruit. Scallop or fringe edge with scissors. Refill with reserved fruit, mixed into fruit salad.

MORE RICE, SWEET OR SAVORY

Easy Mexican Rice

1/2 cup uncooked rice
2 tbsps. shortening or salad oil
1/2 cup chopped onion
1 clove garlic, halved
1 pound ground beef
2 tsps. salt
2-3 tsps. chili powder
1/3 cup tomato ketchup
1 No. 2 can tomatoes
1 cup water

Add rice to melted shortening in large skillet; cook slowly, stirring frequently, until lightly browned. Add onion, garlic and ground beef. Cook, stirring constantly, until meat is browned. Add salt and remaining ingredients; simmer 5 minutes, stirring occasionally. Remove garlic halves. Cover, simmer 20 minutes or until rice is tender.

Makes 6 servings.

Rice With Meat Sauce

1 medium-sized onion, chopped
Good sprinkling celery salt
1 large carrot, chopped
1 tbsp. oil or butter
1 lb. minced steak
1 clove garlic, crushed
2 tbsps. tomato paste
1 tbsp. chopped parsley
Sprinkling dried oregano
Salt
Pepper
1-1/2 cups stock or 1 bouillon cube dissolved in 1-1/2 cups boiling water
1 bay leaf
1-1/2 cups rice
1/2 lb. cooked green peas

Heat oil or butter in pan, add onion, carrot and crushed garlic clove. Saute until browned a little. Add the meat and saute, breaking up lumps in meat.

Sub Gum Chow Fan
(Chinese Fried Rice)

2 cups rice, cooked and drained
3 eggs
3 tbsps. beer
1 cup ham, cut julienne
1/2 cup diced mushrooms
1 cup coarsely chopped cooked shrimp
1 cup shredded cabbage
1/3 cup peanut or salad oil

Chill the rice for 2 hours.

Beat the eggs and beer together. Stir in the ham, mushrooms, shrimp and cabbage.

Heat the oil in a large skillet and turn the rice into it. Cook, stirring constantly, until rice is coated with oil. Pour the egg mixture into it and cook, stirring frequently, until the rice is browned about 10 minutes.

Serves 6.

Arroz con Almejas
(Rice and Clams)

- 36 clams
- 3 tbsps. olive oil
- 1 cup rice
- 1/2 cup minced onions
- 2 tsps. salt
- 2 tsps. chili powder
- 1/2 tsp. freshly ground black pepper
- 2 tbsps. minced parsley
- 3 tbsps. minced pimientos
- 2 tbsps. butter

Drain the clams, reserving the liquid. Measure the liquid and add enough water to make 4 cups. Coarsely chop the clams.

Beat the oil in a saucepan; add the rice and onions and cook over low heat, stirring frequently until golden brown. Add the 4 cups of liquid, the salt, chili powder and pepper. Cover and cook over low heat 20 minutes, or until rice is tender and almost dry. Stir in the clams, parsley, pimientos and butter. Cook 5 minutes. Serves 4-5.

Spicy Paella

- 1 (3-pound) frying chicken, cut up
- 1-1/4 tsps. salt, divided
- 1/2 tsp. paprika
- 4 tbsps. cooking oil or butter
- 1/2 pound ham, diced
- 1 medium onion, chopped
- 1/2 cup diced green pepper
- 1 can (1 pound) peas
- 1-1/2 cups beer
- 1-1/2 cups broth
- 1/2 tsp. Tabasco
- 1/4 tsp. saffron
- 1-1/2 cups raw rice
- 6 mussels
- 6 clams
- 1/2 pound shrimps, cooked and cleaned
- 2 pimientos, cut in pieces

Sprinkle chicken with 1 teaspoon of salt and paprika. Heat oil in skillet; brown chicken; remove to baking dish with tight-fitting lid. Cook ham in skillet; add to chicken.

Cook onion and green pepper until onion is tender. Stir the beer, broth and the Tabasco into skillet, scraping brown particles from bottom of pan. Add saffron and remaining 1/4 teaspoon salt. Bring to a boil; pour over chicken and ham. Sprinkle rice over chicken; stir till all of rice is moistened. Cover tightly. Bake in 350-degrees F. oven for 35 minutes. Uncover; toss rice.

Arrange mussels and clams on top of rice with shrimp, pimientos and peas. Cover; return to oven 10 minutes longer.

Serves 6.

Arroz con Camarones
(Shrimp and Rice)

2 pounds raw shrimp, shelled and deveined
4 cups beer
2 tablespoons lemon juice
1 tsp. salt
1 bay leaf
3 tbsps. butter
1/4 tsp. freshly ground black pepper
1/2 cup diced onion
1 cup uncooked rice
3/4 cup diced green pepper
1/2 pound mushrooms, sliced
2 pimientos, sliced

Wash and drain the shrimp. Combine the shrimp, beer, lemon juice, salt, pepper and bay leaf. Bring to a boil and cook 5 minutes. Drain, reserving the stock.

Melt the butter in a saucepan. Add the onion and rice, cook over medium heat, stirring almost constantly until lightly browned. Add the reserved stock, green pepper and mushrooms. Cover and cook over low heat 15 minutes or until rice is tender. Add the shrimp and pimientos. Taste for seasoning.

Serves 4-6.

Arroz con Pollo
(Chicken With Rice)

1 3-pound fryer, disjointed
1/3 cup olive oil
2 onions, chopped
1/2 tsp. saffron
2 cloves garlic, minced
1 green pepper, chopped
1/2 cup canned tomatoes, drained
3 cups chicken consomme
1 cup beer
1 bay leaf
2 tsps. salt
1 cup raw rice
1 cup cooked or canned green peas

Use a casserole and serve directly from it.

Brown the chicken in the oil, remove. In the remaining oil, saute the garlic, onions and green pepper for 10 min. Return the chicken and add the tomatoes, consomme, beer, bay leaf, salt and saffron. Cover and cook over low heat 20 minutes. Add the rice; re-cover and cook 20 minutes. Add the peas and cook 5 minutes longer or until rice is tender. Garnish with pimientos and olives if desired.

Serves 4-5.

PICKLES

A shelf full of crisp, tangy pickles – many a homemaker's dream and for some a reality.

Years ago pickling was a really big job. It meant huge kettles of all kinds of vegetables to be pickled one way or another. Today the picture is a little different. With so many good commercial pickles available, the homemaker tends to specialize in just a few of her favorites. Most likely the recipes are ones that have been in the family for generations. She's probably modified them, especially as to quantity, but they still possess that "something from the past" that each of us cherishes nostalgically.

Better Pickles

Here are a few pickling tips to help you with such small-quantity pickling.

1. For better color, use soft water. If water is hard, boil it and let it stand 24 hours before using. Dip rather than pour water from container in which it has been standing.
2. Always use fresh spices for the best flavor.
3. Use coarse or pickling salt. Some companies bag a special salt for pickling.
4. Use freshly picked vegetables and fruit.
5. Use white vinegar for lighter colored pickles. For other pickles cider vinegar is quite satisfactory too.

De-Lux Cucumber Pickles
(5 pints)

3 quarts sliced cucumbers
3 medium sized onions, sliced
3 cups vinegar
3 cups sugar
1/2 cup pickling salt
1/8 teaspoon cayenne pepper
1/4 cup mustard seed
1-1/2 teaspoons celery seed

Layer cucumbers and onions in a bowl, sprinkling the salt between. Let stand about 3 hours.

Drain well.

Combine vinegar, sugar and spices in a large saucepan. Simmer 5 minutes. Add drained vegetables. Heat to simmering point (do not boil).

Pack in sterilized jars. Seal.

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